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Tuesday, July 25th 2017
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Former resident says EDDC landlords failed to deal with concerns about flat

FORMER town councillor Andrew Bessford says he moved out of social housing because East Devon District Council (EDDC) failed to deal with fire risks, intruders, anti-social behaviour and rubbish dumping.

EDDC, however, refutes the claims and says that firm action was taken.

Mr Bessford, who served on Seaton Town Council for 16 months from May 2015 and now lives in The Midlands, moved out of his Seaton flat in Powell Close last year.

Having moved there in 2009, he says problems started towards the end of 2012.

The problems, he said, included people sleeping rough in the communal areas – using newspapers as bedding – smoking and, allegedly, burning fittings.

'Totally ineffective'

In a volley of scathing criticism, Mr Bessford said: "EDDC were totally ineffective when they had full knowledge of the ongoing intruder problems and the smoking and burning of fittings, and fire risks.

"I had to make many complaints before EDDC could even be bothered to put locking doors back on the block over a year later."

He has shown correspondence in which EDDC officers agree the situation was unacceptable, but he claims no meaningful action was taken.

Mr Bessford claimed: "What did happen was a great deal of totally ineffective emailing, meetings, and talking shops. It was as though the council had created a make believe version of themselves, like a brand image.

Andrew Bessford

"Real life tenant issues seemed irrelevant to them, and a complaining tenant like myself was not inside their brand fantasy, so the issues that I was complaining about didn't seem to matter to them.

"I would email my EDDC landlord repeatedly with photo evidence, but I don't think they actually understood or cared about what it was like living as one of their tenants.

"They seemed totally indifferent to how my quality of life deteriorated over time.

"After the recent terrible fire at Grenfell Tower in London it has become very clear to me that it is the attitude of the executive officers and staff in our local authorities that needs to change."

Claims refuted by council

EDDC strongly refutes the claims, and a spokesperson said: "EDDC takes incidents of anti-social behaviour very seriously, investigating and acting on all reports when appropriate.

"To put this in to context the council's housing service manages 4,214 properties and has 7,860 tenants. Mr Bessford's claims about the doors to the block of flats is wholly inaccurate.

"The council consulted with residents in August 2013 and the overwhelming majority voted to have the door entry system removed, despite officers highlighting the risks of such a lack of security.

"After the removal of the doors there were several issues involving one or two tenants and their visitors.

"These issues were fully investigated and involved the police, the council's housing team, and the community safety officer. Firm action was taken against both tenants.

"In this particular case, once the programme of refurbishment works at Powell Close was completed, the door entry system was reinstated last June at the request of the housing staff; there were still some tenants who would prefer that it not be reinstated.

"During the period of his tenancy Mr Bessford corresponded with the council by e-mail on many occasions and we visited him and talked to him on the telephone several times to reassure him that these issues were being addressed.

"Since he moved away in October 2016, there has been a substantial reduction in complaints from Powell Close. The safety of our tenants is paramount.

"We make sure all our properties are safe, meet all health and safety requirements and comply with all relevant legislation by making sure that we meet all fire regulation standards and work with tenants to educate them on their responsibilities around fire safety.

Partnership

"We work in partnership with support agencies and other groups to improve the lives of all residents across the district.

"For example, our community development officers are helping people prepare young people for work through job clubs and we work with the council's countryside team to provide tenants with a range of experiences and activities they may not otherwise have."

PC Richard Jenkins confirmed there had been 'several' calls last year, but added: "These incidents were dealt with appropriately at the time. There have been no similar reports since then."

Seaton residents Becca Mawson and her dad Roger raised more than £1,400 for charity Devon Young Carers through a massive cycling challenge, covering more than 100 miles in one day. They rode from Seaton to Weymouth and back via Sidmouth, Axminster and Dorchester. Roger and Becca are pictured taking a break at Trinity House, Axminster

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Parishes Together fund awards cash

A TOTAL of 35 worthy community schemes have had Parishes Together Fund applications approved by the decision making panel of East Devon District councillors between April 2016 and March 2017; the same funding is available again now.

Designed to provide financial solutions to local issues, the Parishes Together Fund is a joint East Devon District Council and Devon County Council initiative in which the sum of £1.10 per elector in each parish is put into a central pot, which parish and town councils can then apply to for funding towards community projects.

All projects, apart from ditches and drainage projects that will help prevent flooding, must benefit a wider area than that of just one town or parish council.

Some of the successful projects from April 2016 to March 2017 were:

● £7,125 towards a tourism project from Seaton Town Council and Axmouth and Branscombe Parish Councils to improve tourism, including creating a tourism App for the area that residents and visitors can download onto smartphones and tablets and find out what's going on in the area;

● £4,970 towards a reputable theatre company putting on a play to educate all Year 9 students in East Devon about the dangers of child sexual exploitation – Cranbrook, Broadclyst, Clyst Honiton, Poltimore, Ottery St Mary town and parish councils bid for this funding;

● £3,290 to pay for educational signs along country walks in the parishes of Otterton and Woodbury. The signs will be low level, in keeping with the environment and will give details on local animal and plant life you may well see on the walks;

● Broadclyst, Clyst Honiton, Cranbrook, Poltimore parish councils were granted £2,893 to help pay for the creation of a lit community heli-pad in Broadclyst, so the Devon Air Ambulance can land there at night;

● All Saints, Kilmington and Chardstock parish councils and Axminster Town Council will receive £7,993 to provide defibrillators that the general public can access and use in the town and parishes to cover spots where there are none;

● £37,090 will be received by Exmouth and Honiton town councils towards improving tourism in the area – this will be used to help fund town guides, websites and some staffing resource;

● Sidmouth Town Council, with support from Newton Poppleford Parish Council, were granted £2,700 to pay for a mental health project to benefit local young people and £1,847 to help set up Sid Valley Youth Netball Club, to encourage the importance of a healthy lifestyle – they will also receive £8,532 towards creating wildflower beds in grass verges around the town;

● Aylesbeare, Talaton, Plymtree, Cranbrook, Monkton and Upottery successfully bid for funding to help them pay for new community events noticeboards in their parishes.

● £19,022 in total has been granted to 20 projects that will work on ditches and drainage in relation to the prevention of flooding.

There's £124,300 available again now! Applications have to come from town and parish councils, but voluntary and community groups, schools and other organisations can put their ideas forward to their town or parish council.

Find out how to contact your town or parish council at www.eastdevon.gov.uk/council-and-democracy/parish-and-town-councils/parish-and-town-clerk-contact-details

To find out more about the Parishes Together Fund including application forms and guidance, visit www.eastdevon.gov.uk/grants-and-funding/parishes-together-fund

Councillor Phil Twiss, Deputy Leader of East Devon District Council and chairman of the fund, said: "I am very proud to be involved in the grass roots Parishes Together Fund, as it pumps funding directly in to local projects promoted by parish councils.

"I would encourage all town and parish councils to apply for funding. The quality of some of the projects this year has been outstanding."

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Hospital protesters to return to County Hall this afternoon

PROTESTERS from Seaton, Honiton and elsewhere in Devon will converge on County Hall again today before a special meeting of the county council's Health Scrutiny Committee decides whether to refer the closure of beds in the towns' hospitals to the Health Secretary.

NEW Devon Clinical Commissioning Group proposes to replace the beds with a new system of care at home.

Seaton and Colyton county councillor Martin Shaw said: "We shall be pointing out that the new system, which they have been developing only since March, has not been tested in winter, let alone a flu epidemic.

"It is uncertain that they will be able to staff it effectively over time given the complex travelling arrangements that it requires for medical as well as care staff.

"The small number of beds (halved to 71) which they propose to retain across the 3 remaining community hospitals ignores the facts that East Devon has far more over-85s (the key users of community beds) than other areas of Devon and that these numbers are projected to treble in the next two decades.

"The remaining beds will not be distributed in an 'even geographic spread' as the CCG claim but, concentrated in Tiverton, Exmouth and Sidmouth, give no provision at all in the Axe Valley which is the area of East Devon furthest from the RD&E.

"The closure of beds is driven by the CCG's aim of reducing the amount of rent which it has to pay to NHS Property Services for community hospital space, and is probably a prelude to the gradual elimination of community hospitals over the next few years."

Six speakers from the affected communities will address the Committee in the Public Participation session.

Countryside survey

THE East Devon District Council Countryside service is, with the support of 25 volunteers, coordinating a series of surveys to gather valuable data on bird, reptile, butterfly, dragonfly, wildlife, bio-diversity and water quality at nature reserves across East Devon.

The surveys which are taking place at a number of nature reserves managed by the Countryside team, include the Maer in Exmouth, Holyford Woods near Colyton, Seaton Wetlands and Trinity Hill near Axminster.

The volunteers have been offered training in their field and in data recording, so that they can visit the sites to gather accurate and valuable data on the state of the habitats managed by the Countryside team.

To find out more visit wildeastdevon.co.uk. The team can be contacted via email at countryside@eastdevon.gov.uk or by calling 01395 517557.

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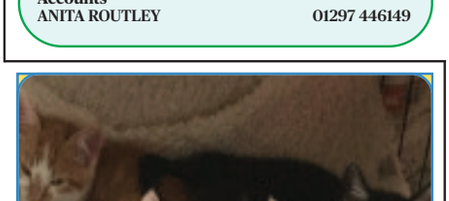

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Warning over giant hogweed after teenager suffers burns and blisters

A TEENAGER was left in agony with horrific burns and blisters after he brushed past a dangerous giant hogweed plant at a beauty hotspot in South Somerset.

Amber Gault, 39, rushed her son Max, aged 17, to hospital after he suffered agonising 'huge yellow filled liquid blisters' on his right leg, arm and forehead.

A nurse lanced the worst of the yellow boils but Max was still in pain over the weekend to such an extent that he was unable to work.

The youngster came into contact with a plant while on a mountain bike ride with a friend at Ham Hill Country Park, near Stoke-sub-Hamdon.

His mother, from Crewkerne, Somerset, has spoken out to warn other parents about the Giant Hogweed after reading that there had been confirmed reports in the area.

She said: "Max went mountain biking up at Ham Hill with a couple of friends.

"He complained his leg seemed a bit sore when he got home and then by Friday I had to take him to the minor injuries unit in Crewkerne as his right leg, arm and forehead had come out into huge yellow liquid filled blisters.

"Max knows what plants to look out for and wasn't aware that he had touched any but he must have accidentally brushed past some while cycling.

"I think last year there were signs up at Ham Hill warning about these plants but I really think people need to be made more aware about how much skin damage these plants can cause.

"Hopefully he's now on the mend and will be back to work soon."

Amber suspects that if Max wasn't injured by giant hogweed it might have been another poisonous plant, like wild or cow parsnip.

Ham Hill Country Park warned the public in August last year about the dangers of the wild parsnip plant.

The countryside manager for South Somerset District Council was able to confirm there is no giant hogweed at Ham Hill but there is hogweed.

A spokesman for the council added: "Both these plants share the Genus Heracleum; the difference is that only hogweed is native to the UK and a feature of native habitats.

"Giant hogweed is classified as an invasive non-native species and is notifiable.

"Hogweed is common across all our South Somerset countryside sites and along verges, field margins and footpaths.

"Its sap can cause the same phytophotodermatitus, but nothing like to the same extent as giant hogweed.

"At Ham Hill we have warning signs about plants like hogweed for visitors, and we post information on social media.

"Hogweed is a native plant and part of the species mix in the habitats on the hill.

"The Ranger team strim back path edges and maintain clear routes for the public to use throughout the summer months."

Wild parsnip is still in place at Ham Hill but the council is planning to tackle it.

A spokesman for the council said: "We can confirm that we do still have significant wild parsnip on Ham Hill despite the efforts of the rangers and volunteers last year.

Max's leg after the incident

Giant hogweed

"Wild parsnip thrives in the free draining slightly limey soils on Ham Hill.

"The problem with wild parsnip is that it can grow successfully in the shorter grasslands on the lumps and bumps which is the same area that children like to play in.

"It is these areas that we pulled the parsnip up from last year.

"We will be dealing with it again in the coming days and weeks.

"Cutting it would only cause it to grow back more vigorously, spraying it with a herbicide is not ideal in such a high footfall area on a nature conservation sit.

"Therefore we will again pull the plant from high footfall areas."

Devon police launch new drone unit

DEVON and Cornwall Police have joined with their Dorset counterparts to become the first police forces in the UK to launch a fully operational Drone Unit.

The latest in drone technology has been trialled in the respective forces since November 2015 and such has been their benefit, an operational drone unit has been created.

Chief Superintendent Jim Nye, Commander for the Alliance Operations Department, said: "This is a historic step for the Alliance and policing in the UK; drone capability is a cutting edge way to support operational policing across Devon, Cornwall and Dorset.

"This technology offers a highly cost effective approach in supporting our officers on the ground in operational policing.

"Drones will aid officers as part of missing person searches, crime scene photography, responding to major road traffic collisions, coastal and woodland searches and to combat wildlife crime.

"Drones can even help police track and monitor suspects during a firearm or terrorist incident, as it will allow officers to gain vital information, quickly, safely, and allow us to respond effectively at the scene.

"Being the first police forces in the country to have a stand-alone, fully operational drone unit is a great source of pride for the Alliance, and proves that we continue to work hard to find innovative ways to adapt to the ever-changing policing landscape."

Drone Team Manager, Andy Hamilton, said: "It is fantastic to see both forces working together to lead the way in utilising new, cutting-edge technology.

"Having previously been a police officer for 30 years, I have seen how technology has changed and can help us become more efficient in what we are trying to achieve.

"In the past, any aerial photos or videos have been captured by the National Police Air Service (NPAS) helicopter, which is not always the best use of resources.

"Instead of always sending a helicopter on an hour's flight to take a few photos of a crime scene, we can now use a drone to carry out the same task.

"Whilst drones will enhance our roads policing function, I also see this technology being able to complement NPAS by allowing helicopters to be available for more serious incidents across the South West."

The Drone Unit is currently using DJI Inspire drone equipped with a zoom camera and thermal imaging to allow for operational use 24 hours a day. The camera is HD/4K quality and can capture both video and still images.

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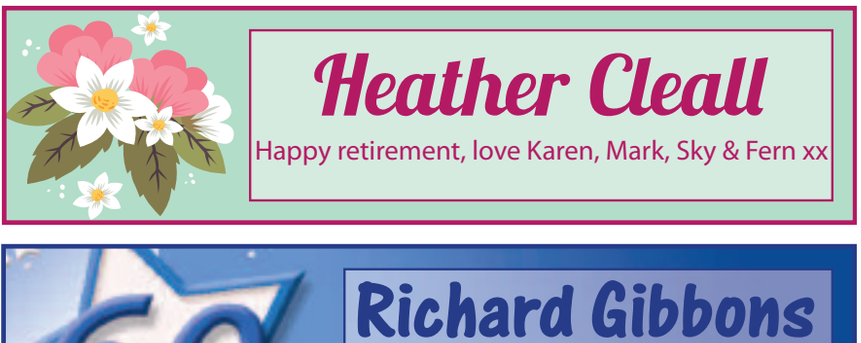

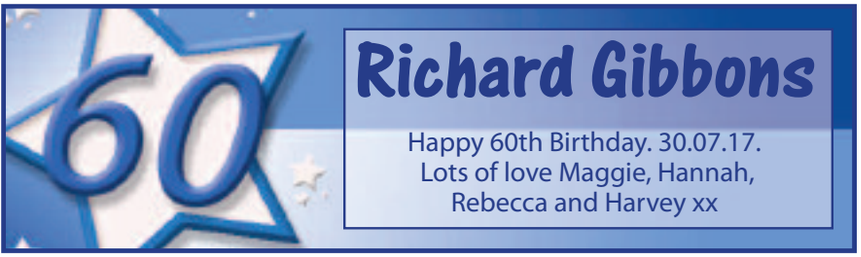

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All announcements must be in by 12 noon on Friday for the following week's publication.

New homes approved by district council

Anders Larsson
Reporter | anders@viewnews.co.uk

PLANS for 20 new homes in Seaton have been approved by East Devon District Council.

Baker Estates will build the homes north of Barnards Hill Lane, including five affordable properties.

The development will feature a range of three and four-bedroom semi-detached and detached houses, complemented with three four-bedroom chalet bungalows.

Baker Estates MD Ian Baker said: "This superb result is a reflection of our high-quality plans and we can't wait to get started on this fantastic new development in Seaton.

"We spent considerable time consulting the local community to make sure our new homes would be a positive addition to the town.

"They have been sensitively designed to blend in with Seaton's architectural heritage, with attractive landscaped communal spaces also featuring throughout the development."

Sales and marketing director Sharon Holder added: "Construction will commence shortly with a sales launch this autumn. Seaton is such a beautiful town, so we are expecting significant demand for these homes."

Construction work is already underway for 36 new homes on Rowan Drive, after Baker Estates gained planning permission in March this year.

Lions award winners of their peace poster competition

SEATON and District Lions Club has presented gift card prizes and certificates to the winners of this year's peace poster contest.

Young students from Seaton and Colyton primary schools took the first step in the contest which is sponsored by Seaton and District Lions Club with the theme this year being 'The Future of Peace'.

Winning posters were selected for originality, artistic merit and portrayal of this year's theme and the prizes were presented by Lions president Clive Millman.

Each school has one overall first prize winner. This winning poster, one from each school, will now advance to face stiff competition throughout the South West, the rest of the UK and finally the international rounds of the contest.

■ Winners at Seaton Primary School

The youngsters were rewarded for their efforts with gift cards and an Achievement Certificate for the first prize winner and a Certificate of Appreciation for the school.

■ Prizes were also awarded at Colyton Primary School

SEATON Town Council is set to co-opt a new member, the deadline for applications being 12noon tomorrow (Wednesday, July 26th).

Town clerk Amy Tregellas said: "We are looking for someone who is interested in local current affairs and who wants to serve their local community.

"To be eligible for co-option you must be over 18, be a British citizen, an eligible Commonwealth citizen or a citizen of any other member state of the European Union."

Other criteria also apply, and more information is available from the council.

The vacancy arose because Simon Polloni is no longer a member of the council.

Slimmers donate old clothes to charity

Peter Hodges
Reporter | peter@viewnews.co.uk

GENEROUS residents in Honiton, Axminster, Seaton and Ottery St Mary have been donating the clothes they've slimmed out of to The Big Slimming World Clothes Throw in support of Cancer Research UK.

The Slimming World groups have collected 181 bags of the clothes, shoes and accessories from members who slimmed out of their old wardrobes and feel confident they'll never need their 'before' clothes again. With each bag worth around £25 to the charity, slimmers have raised £4,525 for Cancer Research.

The Big Slimming World Clothes Throw aims to increase awareness of how keeping a healthy weight helps reduce the risk of developing some types of cancer.

The event has been supported by the singer and TV presenter, Peter Andre, who is a joint ambassador for the campaign and founder of his own Cancer Research UK fund after losing his brother to cancer.

Consultants Sharon, Sam, Helen and Dawn, who runs weekly groups in Honiton, Seaton, Axminster and Ottery, said they were proud of their members' fundraising efforts, saying: "The members never fail to amaze us with their weight loss results week after week and it has been great to see so many bags of clothes donated through The Big Slimming World Clothes Throw.

Sharon said: "This year's Clothes Throw has been a fantastic success, and I can't believe just how many bags my members, their friends and families have managed to collect.

"Our groups are always buzzing and when we collected the bags up and saw what a phenomenal amount there were altogether, and we realised what a difference we could make, the atmosphere was just electric.

"Lots of people don't know that maintaining a healthy weight helps reduce the risk of developing some types of cancer.

"All of the wardrobes cleared and every donation made by our members, their friends and families will make a huge difference to Cancer Research UK and we're so grateful for everyone's support.

"The Clothes Throw has been a great chance for the members who have done so well to celebrate their amazing weight losses by saying goodbye to their 'before' clothes!"

Anyone who would like to find out more about Slimming World is invited to get in touch with Sharon who runs Honiton groups on 07963 337178.

■ Slimming World's Sharon Groves will some of the donated clothes

Boost for county's diabetes patients

DIABETIC patients across Devon will benefit from £1.16million to help improve their long-term health and prevent them developing complications that lead to amputation.

The funding will support increased resources for Diabetic Foot Specialist Teams, with diabetes consultants, nurses and other health professionals working together to intervene if a patient is developing diabetic foot disease.

In addition, the money will support GPs and diabetes nurses in managing patients' diabetes in line with diabetes targets recommended by the National Institute for Health and Care Excellence (NICE). This will include managing patients' cholesterol levels and blood pressure, which can lead to heart problems, diabetic eye disease and kidney disease if not controlled.

The funding is the first of a two-phase grant totalling £2.4million, with the remaining funds being released in 2018 when targets are met.

NHS Northern, Eastern and Western Devon and South Devon and Torbay Clinical Commissioning Groups (CCGs) have been awarded the money from NHS England through its Diabetes Treatment and Care Transformation Fund.

Nicola Gurr, leading the project for both CCGs, said: "This funding will help us to tackle this debilitating illness head on, and to support patients to manage their diabetes in a way that enables them to be as informed, healthy and active as possible.

"Diabetic foot disease can often deteriorate rapidly, which is why our approach will be to create new footcare teams and enhance those already in existence.

"This should significantly improve outcomes for our patients by providing early identification and access to immediate treatment."

Social media scams

PEOPLE of all ages are falling foul of scams which target them through their social media accounts, the Devon, Somerset and Torbay Trading Standards Service has warned.

To raise awareness, a number of information events are being held in towns around the area.

The Devon, Somerset and Torbay Trading Standards Service is combating the online menace with social media posts of their own, giving tips on what to look out for.

Consumers are being urged to read the posts and attend one of the information events as both will give people the knowledge and skills to recognise and report scams, and what to do if scammed.

Trading Standards officers will be available at the events to answer questions and will promote the Buy With Confidence scheme, which helps consumers identify reputable traders in their communities.

July is National Scams Awareness Month and Devon, Somerset and Torbay Trading Standards Service has joined forces with Citizens Advice and the Chartered Trading Standards Institute to highlight the dangers of scams to people of all ages.

Councillor Stuart Barker, Devon County Council's Cabinet Member with responsibility for Trading Standards, said: "Increasingly we are seeing groups of people who believe that they would never fall for a scam, feeling they can easily spot a scam, or know how to act.

"However, scammers are becoming highly sophisticated; they know how to manipulate people and are tailoring their scams to specific groups."

Information events are being held today (Tuesday, July 25th) at Colyton Community Café, St Andrew's Sunday School, The Vicarage, Vicarage Street, from from 10am to 12pm, and at Tesco, Axminster, on Thursday, August 3rd from 10am to 12pm.

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Project art exhibition is big success

THE Project's first art exhibition to raise awareness about mental illness earned positive feedback and acclaim.

The event was held from Friday, June 30th to Sunday, July 2nd at Pippins Community Centre in Axminster.

'This is my Mental Illness' featured more than 40 artworks, including paintings, sculptures and interactive installations.

It attracted more than 100 visitors, some travelling considerable distances to attend.

Despite being a free event, the exhibition also raised £200 for The Project thanks to visitors' generosity and the sale of exhibits.

Exhibition organiser and The Project volunteer Jess Foster said: "I was so impressed by all the artwork that people submitted, and by how many pieces ended up being displayed.

"I'm really grateful to everyone who came along, and for the support shown for future exhibitions.

"Hearing people's feedback and appreciation was overwhelming.

"Art has been so important to me through my mental illness and, clearly, I'm not alone in that. That's a good feeling."

The exhibition gave people the opportunity to express their feelings about mental health in a non-verbal format, providing insight into a wide range of perspectives.

The inclusive nature of the event encouraged everyone to participate without fear of judgment, resulting in a rich variety of artworks from people of all ages.

Visitors' comments included "Moving. Thought-provoking. Hopeful. A superb exhibition."

Another remarked that the artworks "helps an outsider understand a small part of how mental health affects people in our community".

The Project's founder, Debbie Humberstone, said: "We had no idea if the exhibition would be a success, but everyone who attended over the three days was so positive about it.

"In fact, many expressed a hope that we would put on further exhibitions – or even go on tour with it.

The artwork people submitted was both beautiful and moving, and I thought the exhibition looked fantastic, so it's lovely to have received the feedback we have.

"I would like to thank Jess, who came up with the idea and made the whole event happen.

"I know she was worried that no one would come but, in fact, quite the opposite has been true.

"It seems that expressing mental illness through art is something that many can relate to."

The Project would like to thank everyone involved in making the exhibition a success, especially those who contributed artwork and to all the visitors who came along.

Thanks also go to David Everett and Chardstock Historical Records Group for the loan of the display panels, and to all the groups at Pippins Community Centre who changed plans and arrangements to accommodate the exhibition.

The Project, which is part of Action East Devon, is a local mental health group which runs weekly peer support groups in Axminster and Chard for young people aged 13-24, and monthly support groups for parents and carers.

It also provides mental health training courses and awareness workshops to schools, businesses and the general public.

For more information, visit www.theprojectyp.org.uk, email info@theprojectyp.org.uk or phone 07970 167341.

Jess Foster and one of her exhibits

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New addiction support group at Pippins

A SEATON man, who was given six months to live if he didn't stop drinking, has set up a support group in Axminster for families affected by addiction.

John McMahon, assisted by his partner Lou Lewis, has started a group at Pippins where families affected by addiction, be it drink or drugs, can receive help and support.

The group is not restricted to people in Axminster, with Mr McMahon saying: "If you can get there, you can come there."

He was a senior lecturer and researcher at the Centre for Alcohol and Drug Studies for many years but, prior to that, he was given six months to live because of his addiction to alcohol and drugs.

This was in 1984, and he has been clean and sober since, one of his books describing part of that journey as "going from a drunk to a doctor in a decade".

Lou is a counsellor with her own private practice but her previous husband was an alcoholic for 29 years, so she too has first-hand experience of the issues.

They decided to provide help for families affected by addiction, so created Bottled Up. The website has members from all over the globe and has helped people to not just cope with their situation, but to change their lives and, in many cases, change their addicted family member.

In a recent move, Mr McMahon started a support group at Pippins in Axminster for families affected by addiction.

This is a venture in collaboration with the Rise Hub that provides treatment for substance users.

Mr McMahon said: "According to Devon Public Health statistics, Devon is home to around 30,000 substance misusers (3,000 drugs and 27,000 alcohol).

"Received wisdom suggests that each misuser affects three other people, mostly family members. The statistics show that psychiatric problems, such as depression and anxiety, are 300 per cent higher among the partners' of addicts than in the general population. Divorce rates are higher and there is a higher percentage of single-parent families.

"The children have higher rates of truancy, delinquency and addiction – and the use of medical facilities for the whole family tends to be around twice those of families where addiction is not a problem.

"Yet despite so many being affected by the issue, there are few services available for this group.

"What little money is allocated for addiction treatment tends to be focussed on treating addicts, with only around one per cent of the budget being allocated to helping families."

He is very open about his own background and introduced himself in a book called *Bottled Up*, by writing: "In 1994 I graduated with a PhD in psychology from the University of Glasgow. My wife and mother looked on proudly as I paraded in my rented gown.

■ **HELPING HAND:** Lou Lewis and John McMahon jointly wrote Bottled Up

"The sun shone and everyone had strawberries and champagne on the lawn; everyone but me, that is.

"Few people realised that behind this very happy scene was a story that was best summed up by the wife of my supervisor when she said that I had gone from 'a drunk to a doctor in a decade'."

He was more secretive about his past back then, but not because of the stigma.

He explained: "I spent the next 15 years on research, teaching at master's and doctoral level. I wrote papers for prestigious journals and regularly presented work at conferences around the world.

"However, the one thing I kept secret was my own past and my experience with alcohol and drugs. For about 15 years I had used alcohol and drugs heavily.

"In fact, I was treated on numerous occasions by my doctor for alcohol problems, and he consistently suggested that I should attend AA. I disagreed. Finally, I was hospitalised in a dreadful state.

"The doctor treating me diagnosed brain damage and liver damage, and gave me six months to live if I did not stop drinking.

"From that day onwards I attended hospital, AA, group therapy and anything else that was available and I have been clean and sober since.

"All through my academic years I hid the fact that I had a drink problem.I did not hide it because of the shame or stigma. No: I hid it because I wanted to be taken seriously as a researcher and an academic.

"Ironically, now I find that this personal experience may be one of the most powerful qualifications I have to help people."

The support group meets at Pippins, Lyme Road, Axminster, on Tuesdays from 10.30am-12.15pm.

More information can be obtained by e-mailing Mr McMahon at john@247helpyourself. com or phoning him on 07979 715452.

■ **PRECISION:** Participants were focused throughout

Twinners play boules

ALMOST 30 people attended Axminster Twinning Association's boules evening at The Lamb Inn, including a French couple tasked with explaining the rules.

The event was held on July 13th and the 28 participants were divided into four teams, and twinning association member Jan Walmsley said: "There was some confusion at the beginning about rules.

"A French couple, who were staying with some members, stepped in to explain the process and the game began.

"Everybody enjoyed a very pleasant evening with much laughter and conversation, sometimes in French.

"The next social event will be bird watching, via Seaton Tramway, on Seaton Wetlands on September 2nd, followed by a meal.

"The same month it is hoped that the monthly French conversation evenings will resume."

If anybody is interested in learning more about the association, phone Caroline Hillyard on 01297 34497.

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College students stage classic musical

Peter Hodges
Reporter | peter@viewnews.co.uk

HONITON Community College came alive with the Sound of Music last week as students performed this year's summer production.

Audiences enjoyed the well-loved songs, including 'Do-Re-Mi', 'My Favourite Things', 'So Long, Farewell' and, of course, the title song 'The Sound of Music' – all of which were performed with lively energy by the cast, alongside a superb musical accompaniment from the orchestra.

Year 11 student Kayley Docherty wowed audiences with her portrayal of the postulant Maria, and Rhys Phillips gave a tremendous debut performance in the role of Captain Von Trapp.

Each performance saw standing ovations from the crowds in appreciation for all the talent and hard work that went in to staging yet another brilliant production.

This was the final production for musical director and head of music Chris Cater who will be leaving the college at the end of term.

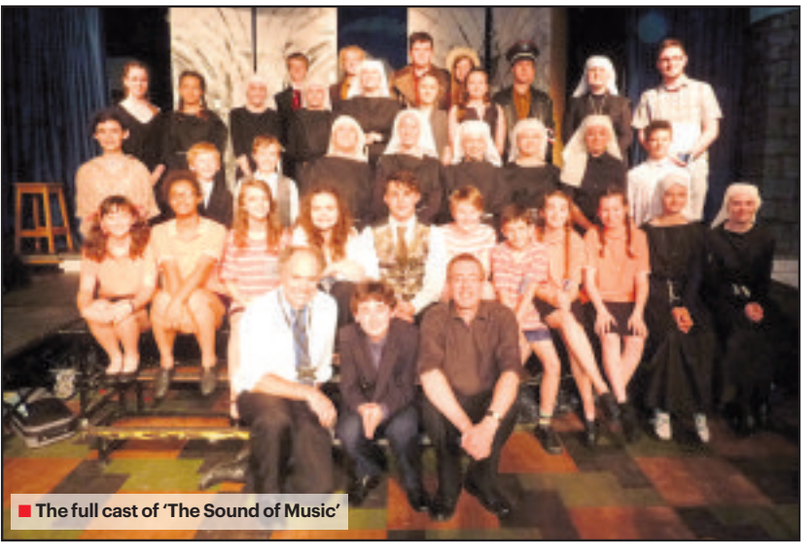
Marc Culwick, director and head of drama, said "Chris will be greatly missed.

"He bravely took on 'Les Miserables' as his first musical for HCC last year and quickly won the respect of the children and staff for his tenacity, drive, professionalism and for the infectious enthusiasm he brings to every rehearsal."

Denize Creed, props, set and creative arts technician at the college, said: "It's been a real joy to work with Chris Carter on *The Sound of Music* and other previous college productions.

"Over the years I have watched Chris bring out the best in all our wonderful performers past and present.

"He has helped and encouraged so many talented youngsters with his generous spirit and buzzing enthusiasm, making each production great fun to work on. We will miss him enormously".



The full cast of 'The Sound of Music'

MAIN CAST

Kayley Docherty – Maria; Jessica Eveleigh – The Mother Abbess; Rhys Philipps – Captain Von Trapp; Rebecca Donne-Davis – Liesl; Thomas Lilley – Rolf; Iona Knight – Baroness Elsa Schraeder; Jack Haigh – Max Detweiler; Natasha Pavey – Marta Tamia Campbell – Louisa; Esma Nally – Brigitta; Maisie Harvey-Ingram – Friedrich; Zara Maynard – Gretl; Lewis Bonetta – Kurt; Hannah Nuttall – Sister Berthe; Caitlin Fowler – Sister Margaretta; Holly Heywood – Sister Sophia; Ian Taylor – Franz the Butler; Cerys Phillips - Frau Schmidt; Admiral von Schreiber – Ryan Hutter; Herr Zeller – James Adams.

The nuns' chorus

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Triathlon a big success

PURE Endurance Triathletes hosted their first ever event in Honiton recently, declaring it a huge success after it sold out with 250 entrants.

Organiser Andrew Dare said: "Everyone on the team was a little bit nervous leading up to the event but with the support of DB Max they helped reassure the team on any issues such as hat colours or timing issues.

"The team arrived early at 4am on the Sunday still in darkness, not having had much sleep due to nerves!

"Not sure who was more nervous – the competitors or the organisers but the weather ending up being very hot and perfect conditions for all competitors.

"Out of the 250 competitors we had more than 60 competitors completing a triathlon for the first time.

"There was a mixture of all abilities including a remarkable chap called Paul Jelley with only one arm completed the event in a brilliant time of 1hr 35minutes.

"The overall winner and first male was Donald Brooks in a time of 53:26 minutes and first female was Flo Swan 1hr 51mins.

"The support of more than 50 marshals was exceptional and their cheering all day was amazing.

"We could have not done it without their support along with the help of local organisations such as LED Leisure, Ganesha Wholefoods, Total Renewable Solutions, Axminster Tools & Machinery, Devonvale Bakery, RBS Scaffolding, Cliff Bars, Protein Water Co, Red Home and Signs South West."

Following the event Pure Endurance Triathletes presented a cheque for £500 to Honiton Rugby Club to say thank you for the use of there facilities on the day.

Paul Jelley competed in the triathlon despite having one arm and came home in a fantastic time of one hour and 35 minutes

The triathletes presented Honiton Rugby Club with a cheque for £500

Honiton company marks 25th anniversary with air ambulance fundraising pledge

HONITON-based Nu-Heat, is marking its silver anniversary by supporting a life-saving local charity also marking 25 years – Devon Air Ambulance Trust.

Growing from a very small team of just five employees in 1992, Nu-Heat now employs more than 100 people and has designed and supplied tailored, award-winning underfloor heating and renewables solutions for more than 70,000 homes nationwide.

Nu-Heat plans to mark its silver anniversary with a series of fundraising activities in support of Devon Air Ambulance, culminating in a charity garden party and raffle for the company's people and their families at Escot House near Ottery St Mary in September.

The company has an impressive track record of raising money for charity, donating more than £24,000 to good causes over the last decade alone.

Nu-Heat managing director David Roberts explained: "We operate nationwide but, as a Devon employer, we wanted to mark this special year for Nu-Heat by supporting a local cause that is close to the hearts of our people and their families.

"We work with a different charity every year and it seemed appropriate for us to show our support for Devon Air Ambulance Trust in a year that marks an important milestone for us both.

"Devon Air Ambulance provides life-saving medical assistance for hundreds of residents and visitors to the region each year, often in locations that would be inaccessible by road.

"We hope that the legacy of our 25th year will be to ensure that the charity's helicopters and paramedics can reach even more people in their hour of greatest need."

DAA Fundraising Director Caroline Creer added: "We are extremely grateful to Nu-Heat for choosing to support Devon Air Ambulance in our 25th year of service with their own 25th celebration.

"Like Nu-Heat, our service has come a long way from our humble beginnings and it is with thanks to the people, communities and businesses of Devon who have supported us through the years that we have reached this fantastic milestone.

"We look forward to building a winning relationship with Nu-Heat and supporting them with their fundraising."

If you would like to donate a prize for the company's charity raffle in aid of Devon Air Ambulance, email info@nu-heat.co.uk or call 01404 549770.

For more information about Devon Air Ambulance Trust, visit www.daat.org

Chiefs coach visits Offwell school

OFFWELL Primary School students recently had a very special guest at their celebration assembly.

Each week the whole school comes together to share news about the classes and recognise the achievements of individuals who have excelled over the week.

Recently this gathering was made even more exciting by the attendance of Andy Dudley, who helps coach Aviva Premiership rugby champions Exeter Chiefs, and David Todd, the president of Honiton Rugby Club.

They were there to recognise the effort made by three Year Four children who had taken part in a Rotary Club sponsored competition, Youth Speaks.

The three had chosen to talk about rugby and whether it is safe for children to play – this was very close to their hearts as they all play for Honiton Under 9s.

The team did well in Youth Speaks coming joint first but their real prize was each receiving a signed rugby ball and the promise of a signed photo of Jack Nowell once he comes back from playing with the British Lions in New Zealand.

Headteacher Mrs Billington said: "I will never forget the look on their faces when they received their rewards."

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Celebrations as Number One refurbishment is completed

■ **REFURB:** Pastor Jon Sibley and Mayor Jack Rowland joined Age UK Devon volunteers at the coffee morning

THE completion of a £35,000 refurbishment was celebrated during an open morning at Number One, Harepath Road.

The facility is run by Crossroad Christian Fellowship, assisted by Age UK Devon.

Age UK Devon volunteer and trustee Anne Howe said: "Major refurbishments have been undertaken, which have caused some disruption, requiring the building to be closed and meetings to be cancelled on several occasions.

"New windows, a new carpet, a new kitchen floor, new doors and a new toilet suitable for disabled users – the place looks great and Age UK Devon is pleased to provide the refreshments this morning to celebrate and to thank those responsible for all these improvements.

"And, more importantly, to let everyone know that it is business as usual again at the new look Number One.

"All the regular groups are meeting as normal with no further disruptions."

The open morning was held on July 19th.

Age UK Devon runs three activities every week in Seaton: Body Moves (Tuesday mornings), Call in for a Cuppa (Wednesday mornings) and Knit and Natter (Thursday afternoon).

For more details, telephone 0333 241 2340.

Natural world festival returns

NATURAL Seaton returned on Saturday, July 15th, attracting a good turnout along the way.

The annual event is a celebration of the beauty and natural wealth of the Seaton area.

Organisers describe it as "an opportunity for adults and children alike to enjoy our natural world in a festival atmosphere with a wide variety of wildlife and conservation organisations and activities".

Themed workshops and birds of prey were part of the attractions on offer.

■ Andy Halliday, eagle owl Micky, Angela Slack and Harris' hawk Sasha from the Hawk & Owl Sanctuary in Torquay

■ The Smugglers entertained (above) and (right) John Seward, Anniee Bennett, Gerry Bennett and Helga Hughes put on what they described as a random marionette performance

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SUNDAY Independent

Police stop drivers to advise them on anti-social driving

TWENTY drivers were stopped and given advice when police responded to complaints of anti-social driving in Seaton.

Areas included Royal Observer Way, The Esplanade and routes to Beer and Colyton.

Police staged an operation for four evenings at the end of June and early July, and PC Richard Jenkins said: "A total of 20 vehicles were dealt with.

"All drivers were advised regarding their manner and future manner of driving.

"Four drivers were warned regarding speed offences, six drivers were advised regarding construction and use (e.g. noisy exhaust, faulty headlights, etc).

"Also, following searches of vehicles, several items were seized including drug paraphernalia."

The Seaton Neighbourhood Police Team intend to repeat this operation when necessary.

Anti-social driving is described as 'driving in a careless or inconsiderate manner and thus causing distress or annoyance to others (this may include speeding but not necessarily)'.

PC Jenkins said that police can use powers under Police Reform Act, and added: "This legislation is aimed at any form of anti-social driving and requires the driver to drive appropriately for the following 12 months after an initial warning or his vehicle will be seized by police.

"This is a very impactful piece of legislation, which all anti-social drivers should be aware of.

"To recover their vehicle, drivers will have to pay a minimum of two days' storage plus a further daily rate."

■ Elaine Gamwell of Lyme Bay Law with the captains of Marylebone CC and Free Foresters CC in front of the new scoreboard

Grant boost for cricket club

SEATON Cricket and Lawn Tennis Club has received a £11,144.67 grant from Viridor Credits, which has helped repair a leaking pavilion roof, re-surface an access road into the club car park and digitise the scoreboard.

The new scoreboard was used for the first time when Free Foresters CC hired the Seaton ground to play Marylebone CC during the week commencing July 10th.

Chairman Chris Gamwell said: "We are extremely grateful to Viridor Credits for their generous grant, without which we could not have carried out these improvements.

"We are grateful also to Lyme Bay Law of Seaton for funding 10 per cent of the total cost of the project in a partnership with Viridor Credits."

Representing Viridor Credits, Gareth Williams said: "We are proud to assist local sporting community clubs in improving their facilities which is essential if young people are to be encouraged to play sport and develop their personalities."

Viridor Credits funds community, heritage and biodiversity projects through the Landfill Communities Fund and Scottish Landfill Communities Fund.

Lions stage seafront market for good causes

SEATON & District Lions Club turned The Esplanade into a street market in aid of local and international good causes earlier this month.

Traders and customers turned up in numbers on Sunday, July 16th and the amount raised will be announced in due course.

Lions Trevor Probert, Ian Barradale and Clive Millman, *pictured left*, helped make sure everything went smoothly.

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Annual coffee morning in aid of Colyton Link

COLYTON Link and hospital car service will hold its annual coffee morning on Saturday, August 5th.

The event will be held in Colyton Town Hall from 9.30am to 11.30am and entry is free. Stalls will include books, bric-a-brac, cakes, plants and home produce, a tombola and raffle.

Donations for stalls would be welcome on the day from 9am to 9.30am, or call Wendy Cann on 01297 552263.

Summer theatre workshop

COLYTON Theatre Group will present its summer school performance workshop next month.

Sara Perry will run the workshop at the Reece Strawbridge Youth Centre in Colyton from August 14th to 18th, 10am to 2pm each day with a performance on friday, August 18th at 3pm.

The workshop is open to children aged eight to 15 years. For more information or to book, call Jackie Carr on 01297 552252 or email info@colytontheatregroup.co.uk

Cake sale for autism charity

THE parent support group 'Putting the Pieces Together' will hold a tea and cake sale at the Reece Strawbridge Centre in Colyton.

The event will take place on Tuesday, August 1st from 2pm to 4pm and will raise funds for South West Autism Support following the recent Long Way Down charity cycle ride through France earlier this year completed by local cyclists.

Garden society celebrates 25 years

COLYTON & District Garden Society celebrated 25th anniversary last week with a special lunch at Blackberry Honey Farm in Southleigh.

Many of the society's 72 members and guests gathered in the tea room for lunch and to cut an anniversary cake.

President Malcolm Harmer welcomed the guests and shared stories from the group's 25-year history, saying he could not think of a more meaningful hobby than gardening.

He thanked the current chairman, Sue Price, and committee for their effort and dedication, adding: "Long may the current standard be maintained but hopefully with some new members on the committee. It's a duty not a chore that needs to be shared."

Colyton & District Garden Society meets on the third Wednesday of the month with the next to be held at 7.30pm on August 16th in Colyford Memorial Hall. The group enjoys talks and garden visits and is supported by honorary member, horticulturist and broadcaster Anne Swithinbank.

■ PICTURED left, chairman Sue Price, president Malcolm Harmer and two of the group's original members, Margaret Platts and Jo Connor

Colyton explores its history in lace trade

COLYTON'S historic connection to the wool, cloth and lace trades was recently celebrated at St Andrew's Church.

Colyton Heritage Centre hosted Cloth and Lace Day on Wednesday, July 12th with an exhibition, activities and demonstrations in the church.

Events included talks on 'Lacemaking in Colyton' by Carol McFadzean, president of Devon Lace Teachers, and on Honiton lace by international lace expert Pat Perryman.

A lace walk explored the cottages where Victorian lace makers lived and demonstrations of lace-making, spinning, weaving and felting were held in the church with the opportunity for visitors to try out the crafts themselves.

Shute pupils play in their new kit

SHUTE Primary School's football team has turned out in a new kit, sponsored by Coastline Creative.

The new kit came to good use when the school took on Kilmington Primary School over two legs.

Andy Widger, who coaches at both schools, said: "Kilmington hosted the first match, which ended in a 6-4 win for the home team."

Mr Widger said there were "fantastic performances" from Shute's Scarlett Knivett and Kilmington's Durwin Smith.

Kilmington also won the second match, 5-3, and Mr Widger said: "Both games were a fantastic advert for school football, played with a positive attitude and great spirit and neat football. Thanks to the parents and guardians for their support and encouragement – and a special mention to Wes Dowell from Coastline Creative for kindly sponsoring a new team kit for Shute Primary.

"They proudly wore it in both games. With years of no kit, this makes such a difference to the children in the way they feel and play."

He also praised Miller's Farm Shop for donating half-time oranges.

■ **DRESSED FOR SUCCESS:** Shute players in their new kit

Flower show this Saturday

THE annual Kilmington Flower Show and Village Fayre is set for Saturday, July 29th.

One of the last traditional flower and produce shows there are more than 130 classes for flowers, vegetables, preserves, cookery, crafts and a special section for children; something for everyone and entries are free.

All will be on display in the floral and craft marquee, which opens at 1pm.

The afternoon fayre, which moved to its new showground in Whitford Road last year provides some real family entertainment.

Arena shows start at 2pm and there will be plenty more to keep the children happy through the afternoon.

The fun dog games are another show favourite and a new one added for this year is a 'Dog Fancy Dress'.

The dads are not forgotten with some 'Toys for the Boys' – a display of vintage tractors, classic cars and motorbikes.

With a BBQ, cream teas and ice creams you won't go hungry either and you can relax with a drink from the bar and listen to live music from In 2 The Blue.

Entries for the flower show are free and can be made at Kilmington Village Hall on Wednesday 26th from 11am-12.30pm and on Thursday 27th from 11am-12.30pm and from 4pm-6.30pm.

■ **CHILDREN competed in a range of activities from bean bag races to potato and spoon races during Kilmington Pre-School's sports day. Proud parents and family members came out to watch and cheer all the children on. After the fun-filled morning, the children enjoyed an ice cream and were presented with a certificate and medal.**

the WI INSPIRING WOMEN

■ **MUSBURY AND WHITFORD:** The July meeting took place on the evening of Tuesday, July 11th at Whitford Village Hall.

Our booked speaker was unable to attend and we are grateful to Mr Ray Helm, a retired senior police officer who works for an aid agency when disasters occur worldwide, for stepping in at the last minute.

He is a gifted speaker who blended the pathos with the amusing to ensure we had an informative, yet entertaining evening.

Monica and John were thanked for having hosted last month's Garden Meeting: not only was the garden a feast for the eyes but the weather was glorious as well.

The Axe Vale show provided us with a certificate and silverware as we were the winners of the WI Challenge Cup... our entry dropping only four points. Well done to all who made this possible!

Members were reminded of our outing to The House of Marbles on the July 25th. Contact Joy if you would like to come as there are still a few seats left.

Our next meeting on Tuesday, July 8th will be our annual members' coffee morning at 10am, followed by an ideas session for next year's programme and then a ploughman's lunch. See you there!

■ **BEER:** During the July meeting, Ken Basterfield gave Beer WI a very interesting talk about his lifelong passion for bee-keeping and how they are trying to make the business at the Blackberry Honey Farm environmentally sustainable.

We discussed the agreed resolutions for 2017/18 – reducing the amount of microplastics from entering our seas and alleviating loneliness.

During the autumn, we will consider how we can follow through on the points for action locally.

Our activities this month have taken advantage of the fine weather, with a walk to Branscombe, taking advantage of the pub stops for refreshments, a coffee morning and a lunch party at which guests from other local WIs joined us.

We are continuing to run fundraising craft stalls and tombola and in August are holding a cream tea and games afternoon, again to which guests are invited.

After our customary meeting break in August, we will resume on September 6th with a talk by Tony Burgess on 'Exeter in the Blitz and World War Two in Seaton'.

If you are new to the area or would like to find out more about being a WI member, we would welcome your company. You can attend two meetings without obligation.

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On some level, we can all agree with that but what I see often is quite the opposite. What we tend to do is either go to the Doctor when we have physical pain or a therapist when we have emotional pain or do nothing at all.

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Lyme Bay Psychotherapy

Relationships Can Work – With Some Hard Work

RECENT statistics from Relate aren't encouraging.

• About 40% of co-habiting relationships, whether married or not, end in separation.

• About a fifth of couples report having a conflictive and distressing relationship.

• About a third of children under sixteen aren't living with both parents.

Why? - Emotionally intimate, live in relationships can be very challenging, because:

• Stuff happens – an affair, financial difficulties, etc.

• Stuff from childhood can get in the way – let downs in childhood can make it difficult to trust our partner or we could, unconsciously, choose a partner who's similar to a traumatising parent, etc.

• We don't learn at school how to do relationships or emotional literacy – there's no partner driving test.

When we realise that there's a serious problem with our relationship, we could:

1. Pretend everything's OK.
2. End the relationship.
3. Work at improving the relationship and our capacity to relate.

Life's short, so option 1 is usually a bad idea. Option 2 could be taken if the negatives of the relationship outweigh the total positives, including children, shared interests, etc.

As there's so much at stake, why not try option 3?

Michael Friedrich, Psychoanalytic Psychotherapist and Couple Therapist

Samantha Davey Hypnotherapy

PEOPLE OFTEN ask me what can hypnotherapy help with. Broadly speaking hypnotherapy is helpful in four main areas:

• Emotional difficulties including anxiety, stress, depression and confidence building.

• Habitual problems and behavioural issues, e.g. nail biting, smoking, overeating.

• Physical conditions including IBS, persistent pain, headaches and hypertension.

• Performance enhancement - whether it's for sports, business, public speaking, your driving test, exams or anything else where you need to give your best.

We all experience light states of hypnosis every day – like when you're driving on autopilot, absorbed in a creative activity, or just daydreaming. In hypnotherapy we amplify that state and use it to help you to feel better, achieve your goals and live life to the full. All hypnotherapy sessions are tailored for your unique needs, helping you to create lasting, positive change through simple yet powerful imagery techniques and suggestions.

Just curious? I also offer a hypnotherapy "mind spa" – a relaxing and rejuvenating experience for both mind and body.

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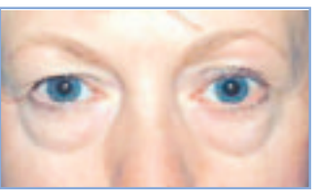
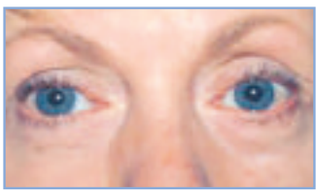
The West of England Laser Centre also hold regular laser treatment sessions at Nuffield Health Taunton Hospital. Laser treatments offer an extremely precise form of treatment for thread veins, unwanted tattoos, hair removal, moles and warts and skin pigmentation. Our website at www.welc.co.uk provides details on all our treatments. For further information or to book a consultation please telephone 01823 331773 or e-mail us at lasercentre@lineone.net.





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DEFEATING DIABETES

EVEN small amounts of physical activity can offer health benefits that protect against diabetes, suggests new research.

The findings show that even a little exercise wards off insulin resistance, a precursor to type 2 diabetes which can result from a high-fat diet.

The study, published in the journal Experimental Physiology, also casts doubt on the previously held view that increasing the quantity of mitochondria, the tiny structures in cells that convert glucose and fats to energy, would help fix some symptoms of a high fat diet.

The researchers found that the benefits from physical activity were not affected by the quantity of mitochondria.

Insulin is a hormone used to control blood sugar levels. High-fat diets contribute to the development of insulin resistance, which is when their muscle, fat, and liver cells do not respond properly to insulin and leads to the development of type 2 diabetes.

Study lead author Megan Rosa-Caldwell, a doctoral student at The University of Arkansas in US, found that mice genetically engineered to have higher quantity of mitochondria were not more protected against high-fat diet induced insulin resistance.

The researchers fed all the mice in the study a diet that mimics Western diets high in fat.

The genetically engineered and control mice were further divided into a group that was allowed to exercise, and a sedentary group.

Their results showed that physical activity, regardless of the amount of mitochondria, offered similar health benefits against insulin resistance.

The researchers said that it appears that exercise's ability to help remove damaged cellular materials and enhance the quality of the mitochondria maybe more effective for preventing insulin resistance.

But they said these aspects need to be further tested.

Ms Rosa-Caldwell said that with rates of obesity and type 2 diabetes continuing to increase, understanding the cellular processes that help or hurt insulin resistance can help doctors better tailor effective preventative measures such as exercise.

Axminster Health & Wellbeing Centre

Need help managing the ups and downs of life? Experiencing stress, anxiety and depression?

RESEARCH suggests that the regular practice of Mindfulness Meditation can help.

Mindfulness is about attention, awareness and caring.

It is a way of being in wise and purposeful awareness of one's experience.

It is not a panacea or a one hit wonder but an approach that when sustained can lead to an improved experience of life and a better chance of sustained good mental health.

Contact Kath Woods kath.woods2012@gmail.com or 01404 831605 for details about an 8 week Breathworks Mindfulness Course starting on September 28th 2017.

You'll have the opportunity to learn meditations and how to apply Mindfulness into your daily life.

Mindfulness for eating...

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Call Katherine Locke 077911 82023 or email Katherine@followyourfreedom.co.uk to find out more.

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To advertise in our next Health & Wellbeing Feature Call Lillie on 01297 446160

Michelle Hague Hypnotherapy

Achieving your health goals

DID you start out at the beginning of the year, full of good intentions?

Maybe it was to lower your blood pressure, or to get your stress levels under control, shed a few pounds, stop smoking or deal with that bigger issue that has been holding you back, need more confidence, sort out that dental phobia or quell the fear of flying. How ever large or small your good intentions were, we all know how difficult it can be to master. Maybe it is even more serious issue and you have been living with pain or trauma and deep seated anxiety and have been meaning to resolve it and speak to someone.

Here we are in the middle of summer and many of you will still be thinking about when you will actually start.

This is your health and there is no better time than right now, and if something is stopping you, there is a good chance that it is you.

All the time you wait, the underlying associated symptoms increase, so why not pick up the phone and talk to Michelle, she has been in her practice in Axminster for over 10 years using Clinical and Cognitive Behavioural Hypnotherapy, Mindfulness along side her associated training and has had great success treating people just like you. Take a look at her website www.takecontrolofyourlife.co.uk and 'Take control of your life today'. 07761773563

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Michelle Hague
BA(Hons) Cert ed PDC Hyp PDCBHyp FBSCH
Clinic in Axminster
www.takecontrolofyourlife.co.uk michelle@haguemail.co.uk

HALE AND HEARTY

COMMONLY prescribed drugs to treat heart problems also reverse potentially harmful genetic changes from heart disease.

Beta blockers work mainly by decreasing the activity of the heart by blocking the action of hormones like adrenaline.

They are used to treat angina, heart disease, an irregular heartbeat, heart attacks and high blood pressure.

Also known as beta-adrenoceptor blocking agents, scientists have known for decades the drugs work by slowing the heart rate and reducing the force of contraction - lessening the burden of work carried out by the heart.

But now Canadian scientists from York University in Toronto found these drugs also reverse a number of potentially detrimental genetic changes associated with heart disease.

Professor John McDermott said: "Morbidity and mortality associated with cardiovascular disease (CVD) is a predominant global health problem occupying a prevalent position as the leading cause of death worldwide.

"Due to its universality, the multi-faceted progression of heart disease is therefore one of profound clinical importance.

"Progressive heart failure, as one aspect of CVD, has a staggering prevalence of approximately thirty eight million diagnosed patients globally, a number which is growing due to the ageing population and the pervasiveness of HF in that age cohort.

"Moreover, a heart failure diagnosis in many cases is an ailment with a poorer prognosis than most cancers.

"Understanding and averting the progression of heart failure is therefore fundamental in the battle against CVD."

The study used an experimental model of heart failure and next generation sequencing to get a snapshot of all of the RNA in the heart cells to identify the global gene expression changes that occur in heart failure.

It then explored what happened to this pattern of gene expression when beta blocker treatment was implemented, and what they found not only surprised them, but could have important ramifications for future treatments of heart disease.

Prof McDermott added: "We discovered that beta blockers largely reverse the pathological pattern of gene expression observed in heart failure

"This could mean that the reversal or suppression of pathological gene expression by beta blockers is somehow protective against heart failure, but it's something we would need to look into further to understand how individual genes function in the heart."

The study also found some genes associated with the immune system were dysregulated in heart failure, supporting recent research that has suggested the immune system and inflammation are involved in heart disease.

Prof McDermott concluded: "These observations support recent developments reflecting the involvement of the immune system and inflammatory responses in the progression of heart disease.

"It will be of interest to further analyse these inflammatory related protein coding genes to determine if they do indeed contribute to heart disease.

"Herein, we report broad categories of biological processes and also individual genes that are differentially regulated under conditions of experimental heart failure that can be reversed by pharmacological treatment with beta-adrenergic antagonists.

"The next steps will be to determine whether these changes are mirrored in human heart disease and to develop a flexible array of therapeutics that can detect and potentially target these processes with the ultimate aim of reducing pathological changes in the myocardium, enhancing cardiac function, and improving patient morbidity and mortality associated with heart disease. "

The study was published in Nature Scientific Reports.

Beauty Zone

WE are celebrating our first year of trading at our new premises in 25 market square by welcoming our 2 new therapists. Amanda and Laura. Both ladies have many years of experience and Ruth is delighted they are joining the happy team.

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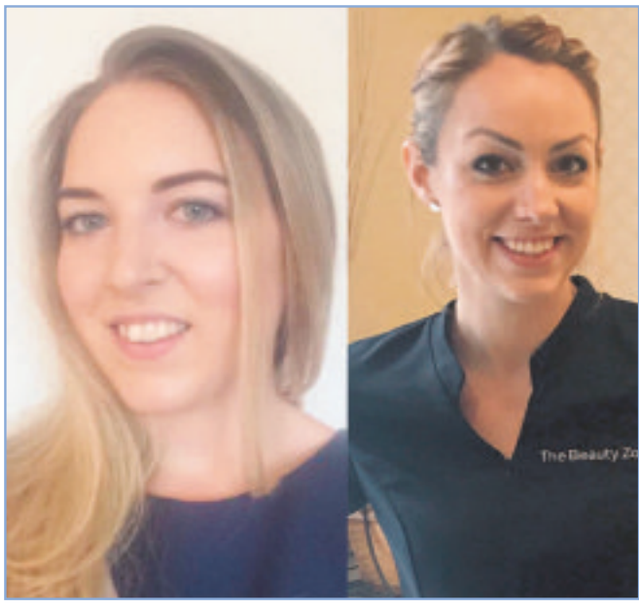

EU: 'We're leaving - get used to it'

■ IN MY last response to Mr Richard David, I recall that I used the word 'delusional' and clearly that was a reasonable judgment.

Firstly he suggests that my piece *(Letters, June 13th)* was some form of political propaganda, a statement made without any evidence of my membership of a political party, political leanings or even if I am apolitical.

Secondly he refers to the people of Seaton voting to leave the EU. Whether Seaton voted to leave the EU or not is immaterial. The vote was not based on electoral boundaries as if we were voting for an MP, nor was it based on the nation states of the UK.

It was a UK based referendum which was blind to all boundaries or countries of the UK. All the votes were collated and the YES vote was greater than the NO vote. The vote to leave prevailed. It is called democracy.

My anger, if anger it was, was directed at all those so called democrats who show their complete lack of democracy when a vote goes against their wishes and start demanding more referenda in the hope of reversing the decision.

Again, true to form, Mr David makes an ill judged assumption by assuming I live in Seaton or Colyton, I don't. This newspaper is read much more widely than that.

I also take issue with his, again, ill thought out and utterly impertinent assumption that I do not have the means to fund a production facility in Devon. I said the production facility was to be established in the UK, I did not say in Devon.

It would serve Mr David well to think before he speaks.

He accuses me of political propaganda, yet bangs on about Tory austerity without a thought, or possibly a care, as to why austerity became essential.

Read your history Mr David and learn about how the Tory governments have always had to manage the disasters of incompetence left behind by Labour governments.

The true abuse by the state is obtaining power by pretending everybody can have everything at no real cost, borrowing well beyond our means, taxing the wealth creating sector of the economy beyond reason and creating massive job losses, trashing the economy until they are kicked out of office.

Then along come people like Mr David who, wrongly and delusionally blames the incoming government for all the problems.

When a new government takes office, the old problems remain. They have to be dealt with.

I am sure Mr David loves his country and he says he is patriotic. The dictionary definition of patriot is 'a person who is devoted to and ready to defend and support his or her country'.

Surely a person who says he is a patriot and is then prepared to allow an undemocratic, unelected and unaccountable body to control almost every aspect of our lives, causes our laws to be subservient to this growing undemocratic behemoth, allow uncontrolled immigration and expect us almost by force to hand over tens of billions of pounds for the pleasure of belonging and knowing, or should know, that the longer we remain, it will only be a short time before we are totally subsumed into this nightmare called the EU, should I believe, examine his patriotism.

If Mr David wishes to commit our country to Europe and ultimately 'ever closer union' he should remember that the EU is political, protectionist and anti-democratic.

As I said before Mr David, we are leaving the EU, get used to it.

Play your part and help the UK embrace the whole world in trade and tourism and enrich the lives and prospects of our people.

We do, of course, wish to continue trade with the EU, but we also need to leave that sclerotic organisation to secure our nations future.

Please remember the EU share of world trade has been progressively falling for years.

I have aired my views and I suspect Mr David will retain his as I retain mine.

I understand that Mr David is involved in promoting tourism to this country and in that I wish him well and all success.

T. BROWN,
via email

Can you help with this year's Poppy Appeal?

■ I AM looking for some Poppy Appeal organisers to take on some districts in the East Devon area for this year's appeal

The areas in East Devon which do not have a Poppy Appeal Organiser at the moment are:

1) Axmouth
2) Rockbeare & Cranbrook
3) Feniton

The role of a Poppy Appeal Organiser (PAO) includes the following tasks:

- Placing the order of Poppy Appeal items before September 1st;
- Storage of Poppy Appeal items (i.e. boxes / poppies / wreaths, etc);
- Ensuring there are enough collectors in your area;
- Organising a collecting rota;
- Arranging distribution of poppies and other materials;
- Collecting, counting and depositing the money raised during the appeal.

The appeal is from October 28th to November 13th.

However, boxes should start to be distributed around the businesses the week beginning October 24th.

If you know of anyone who can help, please feel free to pass my contact details along. Thank you in advance.

CLAUDIA KELLY,
RBL Community Fundraiser
Mobile: 07458 010 862
ckelly@britishlegion.org.uk
The Royal British Legion,
Devon & Cornwall Area Office,
174 Armada Way,
PLYMOUTH,
PL1 1LB

We were never meant to get back what we put in

■ STUART Nisbet seems to have failed to grasp the basic principles upon which the EU was founded *(Letters, June 27th),* which were, among other things, to discourage future European conflicts.

By each member state contributing proportionally to its means, to raise overall standards of living, to the eventual economic benefit of the community as a whole.

This means that, as one of the wealthier members, we were never meant "to get back what we put in".

It also means that when I go to Spain in 2017 I don't find myself next to a Spaniard at a restaurant, as I did in 1968, eating a single, roasted green pepper for his dinner.

Perhaps Mr Nisbet could explain to me what he means by an "unauditable black hole".

DAVID KEGO,
Whimple

Send your letters to Francesca Evans at Pulman's View From Newspapers, Unit 3, St Michael's Business Centre, Church Street, Lyme Regis, Dorset DT7 3DB or email them to *francesca@viewnews.co.uk*

Anonymous letters will not be published except in special circumstances. Letters may be edited to fit space available. Please include your address (only your name and hometown will be published); this includes letters sent by email. The views expressed in letters are those of the author and not necessarily of this newspaper.

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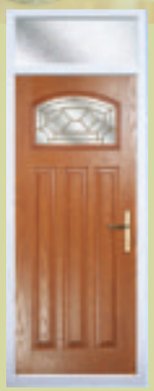

AGS Windows
Doors & Conservatories

BRITISH MADE

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Give your advertising an unfair advantage.

Run some press ads.

The effectiveness consultancy Benchmarketing have analysed what happens when companies include press advertising in their media mix.

They looked at 500 econometric models, across a five-year period and discovered that adding newspapers dramatically increases the return on investment of other media.

Over half were service companies who saw the effectiveness of their TV advertising double, ROI of their overall campaigns treble and their online digital display enjoy a four-fold increase.

Individual categories also saw impressive results.

Automotive campaigns clocked a 70% increase. In travel, effectiveness trebled. In retail it leapt by 2.8 times. And most remarkable of all, in the financial category, Benchmarketing uncovered an increase of 5.7 times.

So, whatever business you are in, you should be in the newspapers.

newsworks.org.uk/effectiveness

newsmedia association

newsworks

LOCAL MEDIA WORKS

HOMES & GARDENS

LET THESE LOCAL BUSINESSES MAKE YOUR HOUSE A HOME & YOUR GARDEN GLORIOUS THIS SUMMER

HOPSON BLINDS

HOPSON BLINDS are a professional family run business, established since 1965, offering a friendly and thorough service for domestic and commercial customers.

Why choose Hopson Blinds?

- Free measuring
- Free quotations
- Free fitting
- Repairs/renovations
- Manufacturers guarantee
- Established in 1965
- Competitive prices

10% discount with supply only products

Are you looking for high quality blinds for your home?

At Hopson Blinds, they stock and install high quality blinds to suit your requirements.

Whether you want a traditional roller blind, or a more modern Roman blind, Hopson Blinds have a variety of styles to suit your requirements. Blinds are stylish, warm and add a finishing touch to a room. They add privacy whilst being elegant. You can control the glare, heat and light with a range of their blinds.

Do you want stylish blinds for your conservatory?

Hopson Blinds offer a wide range of functional and stylish conservatory blinds for sale. Their team of experts offers help from choosing the fabric, to manufacturing the blinds and then installing them. Conservatory blinds help control the heat and glare, which enable you to keep cool during the summer months and provide insulation during winter months.

Do you need an expert to supply and fit a shutter for your home?

Hopson's shutters can compliment a contemporary look by adding that sleek, clean look to any living area, which can immediately transform your rooms by adding function and style or if you're looking for a more traditional look they have a choice of louvered or solid panels, natural stains and a carefully selected palette of painted finishes that will ensure your shutters blend into even the most traditional of surrounding.

Do you want a tailor made awning for your home or business?

Hopson Blinds have a wide variety of interior and exterior awnings for you to choose from.

They can also install your tailor-made awning for you. Whether you require a traditional shop awning or a folding awning for your home, they are on hand to supply and install the perfect one for you. Hopson Blinds offer a comprehensive range of blinds and awnings and provide a full repair, maintenance and recovering service for every domestic and commercial customer. You can be sure that with their high quality products and expert installation your new awning will be a great addition to your home or business.

Do you want a new garage door for your home or business?

Hopson Blinds offer a wide range of designs and colours for you to choose from. They supply and install electric garage doors ensuring a first class service.

Call us today on 01297 33488 to arrange a free, no obligation quotation. Alternatively, you can come and visit our showroom or on our website www.hopsonblindsltd.com for further details.

Hopson Blinds Ltd est 1965

AMPLE FREE PARKING | FREE MEASURING, FITTING AND ADVICE

Visit our Factory Showroom to view all Internal/External Blinds

Take a look at our Perfect-Fit® Blind Collection By louvolite®

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sales@hopsonblindsltd.co.uk /www.hopsonblinds.co.uk

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MKM BUILDING SUPPLIES

HOMES & GARDENS

LET THESE LOCAL BUSINESSES MAKE YOUR HOUSE A HOME & YOUR GARDEN GLORIOUS THIS SUMMER

CHAIR CHOICE

Looking to buy a new chair?

AT **CHAIR CHOICE** our aim is to offer everyone the benefit of our knowledge and experience with honest, genuine help and advice. All ranges are carefully selected from reliable suppliers (British manufacturers wherever possible) for their **quality and value for money.** We make no false claims or too good to be true offers. We do not sell online or mail order as we believe you should benefit from the many advantages of dealing with your local retailer.

When **selecting your new chair** consider the size and proportion of the user as well as the room. If you are oncerned by the size of your new furniture we would ask you to supply relevant measurements, for example the size of existing item or the space available. Trying to evaluate by eye can be deceptive as a model you judge to be too big may in fact be smaller than it appears in our showroom. Whilst measurements such as seat height are a useful guide, seat and back angles are more influential in the way a chair feels to sit in and use so it is important to try different models and options before you buy.

At Chair Choice we have over 100 chairs for you to see and try including **lounge, wing, fireside, high seat, reclining** plus **electric rise and recline** models. Many models are offered in a range of sizes with **2 or 3 seater settees** to match.

Visit our showroom and try all the different models for yourself so you can make your own assessment and ensure you are comfortable with your choice. **You'll be spoilt for choice with prices considerably less than nationally advertised chair specialists!**

Chair Choice is located at 52 Furnham Road (A358) Chard, just along from B&Q (next to the old Furnham Inn) with customer parking and easy level access to all parts of our spacious showroom.

So come and visit us today, with lots of chairs available from stock you will soon be sitting comfortably!

FARADAY STOVES

WHATEVER your reason for wanting to bring a stove into your home Faraday Stoves have the experience, expertise and products to help you fulfill your desires. We not only sell most leading brands of stoves we also have a full installation and repairs service so all your needs can be catered for under one roof. Our engineers are fully qualified and HETAS registered and have a wealth of experience to ensure your installation is undertaken with skill and care and most importantly of all is safe.

We have a superb showroom in Honiton with over 60 stoves on display together with stone surrounds and hearth materials. We offer a one stop shop service covering an onsite consultation helping you select the correct appliance and setting following this our engineers can undertake the whole installation including any building work required.

HOMES & GARDENS

LET THESE LOCAL BUSINESSES MAKE YOUR HOUSE A HOME & YOUR GARDEN GLORIOUS THIS SUMMER

3 FRESH-AS-A-DAISY LOOKS FOR YOUR HOME

By Gabrielle Fagan, Press Association

MAKE rooms look blooming lovely with floral designs guaranteed to grow on you...

Florals never fade or go out of fashion, thanks to our enduring passion for reflecting nature and the great outdoors in our homes - and right now, they're in full bloom everywhere.

But just as you wouldn't have a wilting bouquet of flowers in your home, any floral look you introduce should be fresh and bang-up-to-date too.

Luckily, today's designers are making sure their interpretations are a world away from the old-hat chintz and fussy 'grandma' looks of yesteryear. They've embraced petal-power with bright, bold, new designs, aided by up-to-the-minute digital techniques.

So pick one of these looks - no water needed, and they're guaranteed never to wither...

THE NEW PRETTY

Think pastel pinks and wallpapers featuring petals and pretty blooms, for a fresh, feminine spin on florals...

Rebecca Snowden, interior style advisor at Furniture Choice (www.furniturechoice.co.uk), says: "When people talk about florals, it tends to be centred around spring and summer fashion and interiors, with powdery pastel pinks a hot favourite both for the catwalk and the home this year.

"Unusually, the trend will carry through late into winter and those pastel hues will move into deeper, darker reds and pinks. Plum and deep magenta against a smoky black background will conjure a dramatic, gothic effect."

DRAMATIC BLOOMS

Striking, pared-back, nature-inspired designs and bold colourways are perfect for a no-fuss or frills approach to this look.

"Giant florals have been the stars of the catwalk shows, and now, from wardrobe to walls, we're reviving floral patterns and embracing large-scale designs in bright, vibrant colours for a statement look," says Paula Taylor, colour and trends specialist at Graham & Brown (www.grahambrown.com/uk).

"Expressive, elaborate blooms are making their way onto our walls, furniture and homeware to create dramatic, coloured backdrops for the home. People are becoming much braver in their choice of design and colours and after decades of plain magnolia walls, Brits are falling back in love with these patterns. It's time to be colour-confident again and express personality through dynamic palettes and opulent patterns."

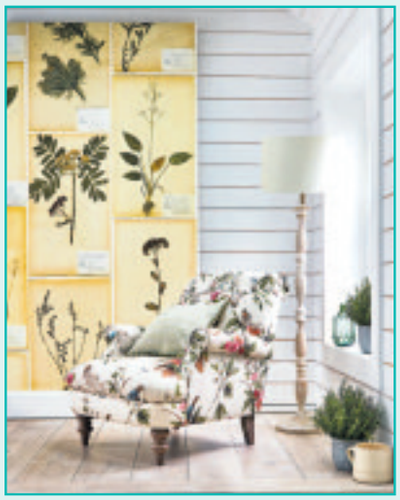
CLASSIC COUNTRY

Botanical illustrations, that could have come straight from the pages of a traditional nature study book, combine with natural textures and a neutral colour palette for an update on that perennial favourite - classic country.

"If, like me, you love reflecting the subtle tones that you find in the garden, a palette of lavender, sage, rose and heather is a perfect place to start," advises Claire Hornby, creative stylist, Barker & Stonehouse (www.barkerandstonehouse.co.uk).

"These can be incorporated into your scheme through soft furnishings, or smaller upholstered pieces featuring designs reminiscent of natural history drawings, which will inject character into your living space."

"If an abundance of flowers, plants and all things natural appeals to your sense of style, then don't be afraid to use a large variety of plants and blooms in one room, to help achieve a fresh feel. These can be potted plants, vases of flowers, or even indoor trees. Intersperse greenery with country-themed decorative objects."



ARTSidmouth

ARTsidmouth is an art gallery which sells an eclectic mix of affordable art mostly by listed artists. Whether your taste is for traditional art or more abstract and quirky pieces, it is worth giving ARTsidmouth a visit at the shop at 7 Church Street, Sidmouth, opposite Sidmouth Parish Church. Sidmouth is a popular coastal visitor destination, with a mix of largely independent shops and cafes. All the works are individual and original and the collection is ever changing. One particular emphasis is on Marine and Seascapes, which are very popular and reflect the area's special qualities. There are usually a number of works of this type on display in watercolour, oil or mixed media. We also have studio collections that we can show you images of. Whether you are looking for that one special painting or seeking to furnish a property or premises with interesting and well priced art, it is worthwhile having a look at our website or shop. The shop is friendly and informal and we understand that people only buy art that they love. The store is open weekdays, Saturdays and sometimes Sundays but you may also contact ARTsidmouth on 07854 448503, by email: artgallerysidmouth@gmail.com, visit Instagram at "artgallerysidmouth" or view the website at www.artsidmouth.co.uk

▲ Brixham

ARTsidmouth
07854 448503

7 Church Street, Sidmouth EX10 8LY
www.artsidmouth.co.uk

MANOR ANTIQUES

Before and (inset) after

MANOR Antiques Restorations is a family run business with 20 years experience in the restoration and preservation of antique and period furniture.

The traditional craftsman's skills that they can offer range from veneering, marquetry, parquetry, cabinet making, wood turning, French polishing and sympathetic repairs, from the smallest scratch to the complete restoration of a piece of furniture.

In Manor Antiques' fully equipped work shop they are able to take on commissions for pieces of new or reproduction furniture made to the customers requirements.

They have an extensive portfolio which shows the high standard of work which is available for customers to look at to see the transformation of a restored piece of furniture. Manor Antiques also offer a carpentry and joinery service with items ranging from an ornamental oak front door, interior doors made from hard or soft wood, to fancy oak or pine plate racks. Their range is extensive and exclusive to your requirements. They can be found at Ellishayes, Coombe Raleigh which is on the Honiton to Dunkeswell road.

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HOMES & GARDENS

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HALCYON LANDSCAPES

Landscape Gardening, Garden Design & Garden Maintenance

Halcyon Landscapes understand that your grounds are important to you

THEY want you to be thrilled with the work they provide. Halcyon are now offering commercial ground maintenance services, such as grass cutting and mowing to all forms of grass and lawn areas, flowerbeds and shrubberies, hedge cutting, treesurgery, sports grounds maintenance, line marking, weed control, playground maintenance and inspections, and much more. They work on various outside locations to ensure that they are maintained correctly and full their role to the public. Halcyon Landscapes help landowners uphold their duty of care to the public by seeing to the safety and maintenance of these listed services and more. "No matter the size of the job, we will apply whole-heartedly to the best possible outcome". Based in Seaton, Halcyon Landscapes have worked in the East Devon and South Somerset area for many years and have earned a reputation for thorough work and a professional approach. They welcome the opportunity to discuss your ideas and look forward to talkingwith you.

Halcyon Landscapes have the experience and know-how to achieve fantastic results. Initial site visits & quotations are free & without obligation: we'd love to hear from you.

WESTCRETE

WESTCRETE is a small, friendly, family business that has offered a professional and dedicated service to trade and retail customers for over 50 years. Westcrete provides quality landscaping and building supplies as well as ready mixed concrete and screed for collection or delivery. Our comprehensive range of natural stone & concrete paving slabs are sourced from quality manufacturers, including an excellent budget range that offers great value for money! A beautiful range of natural limestone and sandstone paving ethically sourced, is also available at very affordable prices.

Gardeners, landscapers and builders can benefit from our extensive product range including decorative aggregates, building & gardening materials. Westcrete supplies a crane off-load delivery service and mini-mix truck allowing us to deliver locally especially where access is limited.

Westcrete's excellent support service includes calculating quantities as required and giving advice to those wishing to do their own construction work.

Don't forget to check the Company's website www.westcrete-ltd.co.uk for their latest Special Offers, it also provides a useful selection of information and tips to customers from a beginners guide to laying a patio to technical advice.

HALCYON LANDSCAPES
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Landscape Gardening, Garden Design, & Garden Maintenance
and NOW OFFERING Commercial Ground Maintenance

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We are now offering commercial ground maintenance services to help to keep your grounds looking its best.
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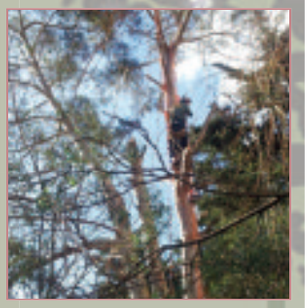
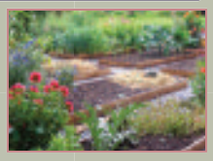
- Line marking
- Playground Maintenance and inspections



LANDSCAPING

However modest or ambitious your plans, we have the know-how to achieve them.
- Terraces and groundwork
- Paths & Steps
- Creating new garden areas



GARDEN DESIGN

There are many ways we can help you improve your existing garden.
- Structures in timber, brick, iron or stone
- Fences & walls
- Paving, patios & decks

Initial site visits & quotations are free & without obligation - we'd love to hear from you.
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HOMES & GARDENS

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COLOURFENCE

Colourfence – The ONLY garden fence you will ever need!

ANDY AND SHELLEY Stewart, launched Colourfence 3 years ago in South Somerset & Dorset. They have been working hard towards promoting Colourfence and this is fast becoming a well-known product across their area. Great news for the area's homeowners who have become frustrated and tired of maintaining their traditional timber fencing!

The feedback from their customers has been overwhelming and this has increased their recommendations from happy customers, who are extremely pleased with their new low maintenance fence, so they can now spend more time enjoying their gardens.

Colourfence is the alternative to timber fencing..... Our fence is guaranteed not to warp, chip or peel for up to 25 years*. Put an end to painting, an end to rotten posts - an end to constant maintenance! Colourfence goes up, stays up whatever the weather, even against wind gusts of 130mph! Virtually maintenance free, with an occasional wash down with water to keep it looking as good as new. Both sides of the panel are the same, so both you and your neighbour have a stunning fence to look at year after year, ensuring good neighbourly relations.

Our fences and gates are available in a variety of heights and colours with or without trellis, our skilled installation team will make short work of transforming your garden. Starting costs are in line with comparable traditional systems but offer the ongoing peace of mind that Colourfence will continue to save you time and money year after year.

Call today for a free no obligation visit 01935 481013, Website: www.colourfencesouthsomerset.co.uk

Colourfence Customer Testimonials

New Garden Fence

Hardworking fencers. Excellent job done. Well pleased with the result. From initial start with supplier to having fence completed I was really pleased with the work done.

Customer in Shepton Mallet

Boundary fence to rear of property

Excellent job done by efficient hard working installer. From first contact to completion of work we received courteous and professional service.

Customer in Portland

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4 WAYS TO BE WATERWISE DURING THE WARMER MONTHS

By Hannah Stephenson, Press Association

1. Water at certain times of the day

Water at specific times - early morning or dusk - to reduce evaporation. Don't water in the heat of the day. Use water butts; put pots under hanging baskets so the overspill also waters plants below and leave clippings on the lawn after mowing to retain moisture.

2. Don't water established lawns

If we have a long, hot spell, your lawn may turn a bit brown, but it will recover with the autumn rains. Leave grass to grow a bit longer to preserve water and introduce drought-tolerant clovers, which will prevent the lawn from changing colour completely when a dry spell hits.

3. Recycle your water

Try to recycle water as a matter of course. Use a plastic bowl for washing up and then deposit the water on to your plants, as a small amount of washing up liquid isn't going to hurt them.

4. Choose your plant placement wisely

Some more thirsty specimens in pots may benefit from being placed on a tray lined with capillary matting, which soaks up the water and then delivers the moisture to the roots, gradually when it's needed.

COLOUR FENCE

Safe, Secure & very, very strong….

THE MAINTENANCE FREE* GARDEN FENCE

THE ULTIMATE IN GARDEN FENCING…

Colourfence are transforming gardens across Dorset & South Somerset.

A garden fence built to last, with colourfence once it's up it stays' up, resisting wind gusts of up to 130mph!

Colourfence panels are made from innovative Colorbond Steel and are guaranteed to last at least 25 years**, an occasional wash down with water will leave your fence looking beautiful year after year.

Available in a variety of heights and colours, with or without trellis.

A fence that requires no painting or treatment!

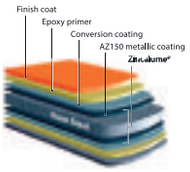
6 Simple facts that make colourfence 'TICK' all the boxes…

- *Guaranteed not to rot, warp, chip or peel for 25 years** (T&C's apply)*
- *No painting, treatment or repairs!*
- *Fit & forget – 'no worry', low maintenance fence*
- *Strong & secure – can withstand wind gusts of up to 130mph*
- *Ensure good neighbourly relations, both sides the same!*
- *Beautiful to look at year after year*

**apart from an occasional wash down*

The Fence that repairs itself.

If you scratch or cut Colourfence, the ingenious zinc element in the Zincalume steel reacts with moisture to form a protective barrier to prevent any corrosion with no action needed from you .



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Please contact Ann Tarratt or Les Schultze on 01297 35888

COLYTON PARISH COUNCIL
NOTICE OF CASUAL VACANCY

Notice is hereby given that by reason of a Councillor resigning a vacancy has occurred among the members of the Parish Council.

Any person willing to fill this vacancy should apply to the Clerk in writing on or before Monday 21st August 2017.

If you are interested in applying for the casual vacancy and you fulfil the criteria to become a Parish Councillor please contact the Clerk for further information.

Liz Berry
Parish Clerk
Feoffees Town Hall
Market Place
COLYTON
EX24 6JR
Tel: 01297 552460
Email colytonpc@tiscali.co.uk

ACI

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Raymonds Hill, Axminster

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Give us a ring or pop in and see us, Nev & Sarah 01297 33286
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There has never been a better time to bring your talent and enthusiasm to our exciting, ever-changing industry. Local print media is enjoying a renaissance and, combined with our digital platforms, enables us to offer our customers complete marketing solutions.

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You must have an engaging personality, be interested in people, be literate and numerate and have a good level of computer skill.
You must be able to drive.

Impress us with your CV, along with a handwritten covering letter please, to be sent to Natalie Edmeades at this address:
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from View newspapers in East Devon, West Dorset & South Somerset
SUNDAY Independent

...on your business
Call Natalie on 01297 446145

View From Classified

NIKE tour golf bag in blue. Used only one, excellent condition.£40. Tel: 01404 821920.
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OIL painting old on hardboard of a child feeding ducks like Ted Dyer work £45.00. Tele: 07932 765355
WENDOVER Buckinghamshire Prints by Peter Nicholls 3 framed prints pencil drawings £60.00. Tele: 07932 765355
9CT Gold ring with 2 small diamonds and an emerald (small size) £68. Tele: 07932 765355
9CT white Gold eternity ring black and white stones size O £55. Tele: 07932 765355
9CT gold ring with a large topaz stone. £55. Tele: 07932 765355
BATHROOM wall cabinet NEW with mirrors 100cm wide x 80cm high x 175mm deep, wood beech effect, still in the box cost over £200 sell for £80. Tele: 07932 765355
BATHROOM wall cabinet NEW with mirrors 100cm wide x 80cm high x 175mm deep, wood effect walnut, still in the box cost over £200 sell for £80. Tele: 07932 765355

LYME REGIS MUSEUM

Temporary Visitor Services Assistant

Lyme Regis Museum is looking for an enthusiastic and committed person to work in the museum's shop until the end of September. You'll have the opportunity to work in the recently re-opened museum, with its fantastic new fossil gallery and Mary Anning Wing extension. Experience of working in a shop, hotel or a public facing role will be useful, but not essential. You'll work alongside other members of the museum team as well as our dedicated volunteers, dealing with shop sales, museum admissions, telephone enquiries and visitors booking fossil walks.

This post is a fixed term contract, starting as soon as possible. You will work on Friday, Saturday and Sunday from 10am until 5pm.

For further information about this post, please contact David Tucker, Director on director@lymeregismuseum.co.uk or telephone 01297 443370.
The closing date for applications is July 31st 2017

To advertise in the wanted section call Natalie Edmeades on 01297 446145

Wanted

WANTED
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any amount purchased
Telephone: 07786 049436

WANTED
Jazz, Soul, Reggae & Rock Lps & 45s
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To advertise your household item (up to the value of £2,000), please email free.ads@viewnews.co.uk with the subject as 'Items for sale Devon/Somerset', or to submit by post, please send your advert to: Devon/Somerset I.F.S, Unit 3, St Michael's Business Centre, Church Street, Lyme Regis, Dorset DT7 3DB

We reserve the right to not print classified listings we are sent, as this is a free service. Please refrain from calling if your listing is not printed the week you expect – due to varying space each week, it may be that your listing will be included in a future edition. Please note – **WE CAN NOT ACCEPT CLASSIFIED LISTINGS BY PHONE.**

The ultimate leisure guide for East Devon and South Somerset

VIEW 2

The Emily Askew Band to play Concerts in the West shows

The Emily Askew Band

EMILY ASKEW is one of those multi talented musicians whose ability to embrace a wide range of instruments is both breathtaking and inspiring to hear. With Ensemble Askew she demonstrates her creative vision for mixing Medieval and Renaissance melodies with contemporary instruments and modern folk styles with tremendous aplomb.

As an accomplished player of instruments such as vielle (medieval fiddle), shawm, bagpipes, recorders and medieval harp, Emily is a fearless experimenter, fusing both early music and folk. The results are tremendously engaging and inspirational to audiences who can expect to be caught up in uplifting, toe-tapping rhythmical performances.

Emily and her fellow musicians John Dipper (viola d'amore, vile, fiddle) Jamie Roberts (voice, guitar), Louise Morgan (hand percussion and medieval bells) get to the very heart of songs, playing with a level of energy and drive that will captivate audiences.

Emily graduated with a first class honours BMUS at the Guildhall School of Music and Drama and received the Dove Memorial Prize for the highest BMUS mark in her year. As a member of the Askew Sisters, she has twice been a BBC Young Folk Award semi-finalist and in 2005 won the New Roots competition.

Commenting on the concerts, the Founder and Director of Concerts in the West, Catherine Hodgson, said: "In 2014, Emily and her group The Artisans were so popular that we have asked her back again this year with Ensemble Askew. She is such an exciting young musician, playing a wide range of instruments with ease and is definitely one of the rising stars of traditional music. The combined talents of Emily and her band will make for tremendously entertaining performances."

Musical Programme: Gervaise Bransies (16th Century); Anon Miri it is/Ductia (13th century); Anon Alle Psallite Cum Luya/Salve Virgo Virginum (13th century), Anon Propinan De Meylor (15th century), Anon Imperayritz de la ciutat joysa/Cuncti Simus Concanentes 1399, Ravenscroft The three ravens (1611), Anon Cantiga de Santa Maria 42/Bouree (13th century), Anon Begone Dull Care/Maiden Lane (17th century), Anon O Virgo Splendens/Italian Tune (14th century/Emily Askew), Anon/D'Amiens, Quant voice la flor nouvele/C'est la fins (13th century), Ortiz Recercada Segunda (1553), Gervase/Attaignant Winter/Tourdion, Anon Play of Daniel 13th century), De Machaut Douce Dame Jolie (14th century).

The Ensemble Askew perform a Ilminster Arts Centre at the Meeting House on Friday, September 8th at 8pm. Tickets are £15, available from the box office on 01460 55783, 9.30am-4.30pm Monday to Friday (Pre-concert suppers at 7pm - £14 advance booking required) www.themeetinghouse.org.uk. Doors open at 6.30pm.

The ensemble then play at The Dance House, Goulds-brook View, North Street, Crewkerne, TA18 7AL, on Saturday, September 9th at 7.30pm. , is an exciting new arts venue for Crewkerne (The Dance House is just behind the Baptist Church in North Street) Tickets are £15. Available from the Town Hall. NB: Tickets are half price if this is the first Concert in the West performance you have attended.Concessions for students and children. For advance bookings please email concertsinthewest @gmail.com. or you can text 07776 995789 or book at Eventbrite www.eventbrite.co.uk or you can buy on the night from 6.45pm, but it is worth checking ticket availability beforehand. Interval drinks. Town parking and car parks. Doors open at 6.45pm.

Life and legend of the Vikings

Exhibition to be screened at the Beehive

DISCOVER the Viking world in this major exhibition – the first at the British Museum for over 30 years – to be screened at The Beehive on Friday, July 28th at 7pm.

Organised by the British Museum, the National Museum of Denmark, and the Museum für Vor- und Frühgeschichte, Staatliche Museen zu Berlin.

This special British Museum cinema event offers an exclusive private view of the BP exhibition Vikings: life and legend – the first exhibition about the Vikings at the museum for 30 years. Introduced by former British Museum Director Neil MacGregor and presented by the celebrated broadcasting historians Michael Wood and Bettany Hughes, the exhibition is brought to life by curator Gareth Williams, alongside experts on Viking ships and swords, burial and beliefs, language and legacy. With demonstrations, stunning close-up photography of the Viking objects in the exhibition and a torch-lit burial staged in the grounds of the museum, Vikings from the British Museum is a reminder of how the Vikings have shaped modern lives across four continents including North America. An exclusive, expertly guided tour of the British Museum's new blockbuster Vikings exhibition.

There are plenty of surprises in store as we learn how they created a complex international trading network covering four continents. We also discover our direct connections to the Vikings through language, poetry, names, place names and even our DNA.

The exhibition and cinema feature focus on the core period of the Viking Age, from the late 8th century to the early 11th century. The extraordinary Viking expansion from the Scandinavian homelands during this era created a cultural network with contacts from the Caspian Sea to the North Atlantic, and from the Arctic Circle to the Mediterranean. Warfare and warrior identity are at the centre of what it meant to be a Viking and contact with other lands was often violent. Objects include recently excavated skeletons from a mass grave of executed Vikings in Dorset, armour and and weapons. But there is also fine jewellery, sculpture and metalwork which was traded as well as raided across the globe.

The Vikings exhibition will be screened at the Beehive on Friday, July 28th. Tickets are £10 and £8, available by calling 01404 384050 or visit www.beehivehoniton.co.uk

the beehive

Dowell St
Honiton
EX14 1LZ

NOSTALGIC CINEMA: FANTASIA
Fri 28 Jul 2pm £3.50 inc. tea
Disney's landmark animation combines symphonic music to images to stunning effect. A dementia friendly screening, for all the family.

VIKINGS
Fri 28 Jul 7pm £10/£8
Encore screening of The British Museum exhibition Vikings: life & legend. With expert insights, dramatic storytelling and stunning close-ups.

ANNIE (the musical)
3-5 Aug 7pm Adult £10, U16 £8
Presented by Honiton Community Theatre Co. Annie, tells the story of a New York orphan's search to find her parents.

Box office open
10 - 5.30 weekdays
10 - 12 Saturdays
1 hour before events

For all event details visit
www.beehivehoniton.co.uk
Beehive box office: 01404 384050

Diary Dates

TUESDAY JULY 25TH

YEOVIL: YouCanSing informal music session. At Lockwood Court, Stilby Road 2-4 pm. £3. For people with and without disabilities. Info: 01935 472771 or thedancingmaster@outlook.com

COLYFORD: Bingo - Cash Prizes. In aid of Seaton Friends Hospiscare@Home. Doors open 7pm - Eyes Down 7.45pm. Colyford Memorial Hall. Ample free parking.

OTTERY ST MARY: Colouring Club. An hour's respite to clear the mind and focus on producing beautiful, coloured pictures and patterns. Fortnightly at Ottery St Mary Library and Information Centre, 5.30pm. Taster session £2.

CREWKERNE: Computer Drop-in at Henhayes Centre – Questions answered and help provided. 10am to 12 noon, £2/£3.

CREWKERNE: Tuesday Welcome Group at Henhayes Centre. £2.50 incl coffee per session. For people 50+ who like to meet other people and enjoy a few activities like painting, pottery, music, quizzes and occasional bingo. Transport can be arranged (£3.00) and members usually stay for a cooked lunch priced at £6.50 including tea or coffee. Please call 01460 74340 for further details.

CREWKERNE: Henhayes Knitters. Come and enjoy a knit and natter afternoon and make items for yourself or for sale at the Centre. 2 - 4pm.

CREWKERNE: Sequence Dancing at the Victoria Hall, 1.45pm to 4pm. Tea and biscuits. Raffle £2 per person. For more details call 01935 415520 or 01308 862866.

SEATON: Cooking For One Demo with HALFF (Health and Local Food for Families). 11-12.30pm. Free healthy cooking demonstrations giving hints and ideas for cooking for one and covering nutritional advice for type 2 diabetes, heart disease, high blood pressure and modified diets (eg puree/fork mashable). At The Marshlands Centre, Harbour Road, Seaton, EX12 2LT. No need to book, just turn up, it's free. Call Nikki on 01297 631782 for more information, or email nikki@halff.org.uk.

WEDNESDAY JULY 26TH

SEATON: Yoga with a chair 1.30 to 2.30 at the Gateway, Fore Street. Yoga for EVERYbody £5. All welcome. Contact Yvonne 01297 20326 or email waite@relaxatseaton.co.uk for more details. No classes August, re-start September.

UPLYME: Display of "Extreme Falconry Birds of Prey" in Uplyme Village Hall at 7:30pm. Come and meet a range of raptors including owls, falcons, hawks and an eagle! The profits will go to Lifeboat Week - tickets cost £3 for adults, £1-50 for under 16s, from Uplyme Post Office, the RNLI shop and the Lottery Kiosk - or ring Brian Cursley on 07831 533580.

CREWKERNE: Bingo – "eyes down" at 2pm at Henhayes Centre. £5.30 (£4.80 for members) for 6 books of 12 games, cash prizes. Bar open, refreshments available, raffle.

THURSDAY JULY 27TH

AXMINSTER: Music at the Minster: Lunchtime concert. Ricky Romain and Sudhi Salooja (sitar & violin). At the Minster, 12.30pm. Lunch at 1.05pm. For more details call 01297 32927. Donations towards the upkeep of the church.

COLYTON: Historical Walking Tours of Colyton. Every Thursday until September 28th at 2pm. Meet at the Dolphin Street Car park. Booking not necessary. £3 for adults, under 16s Free. To arrange a walk for a larger group please phone 01297 552514

CREWKERNE: English Folk Dance. St Bartholomew's Church Hall, Abbey Street, 8-1pm Every Thursday. £3.50. First visit free. For more details call 01460 77320 or 01460 75760.

HONITON: Honiton & District Liberal Democrats Skittle Evening at the Heathfield Inn, 7.30pm. £3 each. For more details call 01404 47127.

CREWKERNE: Sequence Dancing at the Victoria Hall, 1.45-4pm. Tea and biscuits, raffle. £2 per person. For more details call 01935 415520or 862866.

HONITON: Honiton Probus Club meeting .Peter Hayward speaking on The Humble Milk Bottle and Doorstep Delivery of Milk. 11.30am for 12noon at The Heathfield Inn. The Honiton Probus Club is open to retired or semi-retired men. New members/prospective members welcome – come and give us a try. Please contact Mike Underdown on 01404 234195 for more information.

CREWKERNE: Over 50s Keep Fit at Henhayes Centre. 10–11am. £3.50 (members £2.50)

CREWKERNE: Physio Fit at Henhayes Centre – 10.30 am to 11.45 am. £2 for members, £3 for non- members.

CREWKERNE: Short Mat Bowls at Henhayes Centre. 2 – 4.30pm. New members welcome, come and give it a try.

Jazz at the double for Axminster Arts

AXMINSTER Arts have a special treat in store for Jazz lovers. On Saturday, July 29th, there will be two Jazz concerts back-to-back from 11am through to 3pm. The programme starts with Tony Roberts & Richard Llewelyn at 11am who will be followed by Clive Smith and his Arcadia Jazz Band at around 1pm. There will be a licensed bar in the garden and BBQ food available from the Arts Café.

Weekly Saturday morning free 'Music in the Garden' events take place in the beautiful Courtyard Garden at the Old Courthouse, Church Street, Axminster. The events comprise a cross-section of musical talents, which are proving to be very popular and have become a highlight of the week for many people. These events will continue to take place until the end of September.

The Arts Café opening hours are 9am – 4pm, Monday to Friday and 9am – 3pm on Saturday. Dogs on leads are welcome in the courtyard garden, where there is also plenty of space for cyclists' bikes.

■ Arcadia Jazz Band

Diary Dates

FRIDAY JULY 28TH

BRANSCOMBE: Branscombe Players Present: 'NOT the Branscombe Festival!' Tickets on the door £8/£4 children, includes Ploughmans. To reserve, ring Linda 01297680369. Bar from 6.45pm, show 7.30pm. Raffle proceeds for new play-park equipment. At Branscombe Village Hall.

SEATON: John De Barra live at Royal Clarence, 9pm.

HONITON: Concert for Christian Aid. Classic Sounds (flute and violin) and Viva (ladies choir). At the Methodist Church, Chapel Street, off New Street. 7pm. Tickets £6 from Honiton Toy Shop.

HONITON: Hospiscare Bingo Evening at Mackarness Hall. Doors 6.45pm, eyes down 7.30pm. Refreshments and raffle.

AXMINSTER: By the Loom: A Spinning and Weaving Craft Event. Join us for a fun and sociable morning 10am – 1pm. All levels very welcome. Axminster Heritage Centre, Silver Street, Axminster, EX13 5AH Information 01404 831207 or from The Heritage Centre.

COLYTON: Cake Stall from 9.30am outside the Town Hall. Raising funds for Fay Rabjohns for Colyton Carnival Princess.

CREWKERNE: Concert with Arcadia Jazz at Henhayes Centre – see the advert on page 34.

SEATON: Free Cooking Demonstrations For Heart & Diabetes with HALFF (Health and Local Food for Families). 11am-1pm. Free healthy cooking demonstrations giving hints and ideas for cooking and covering nutritional advice for people with, or at risk of, type 2 diabetes, heart disease and high blood pressure. At The Marshlands Centre, Harbour Road, Seaton, EX12 2LT. No need to book, just turn up, it's free. Chat, learn, eat. Call Nikki on 01297 631782, email nikki@halff.org.uk or go to www.halff.org.uk for more information.

SATURDAY JULY 29TH

CHARD: Dancing with the Dancing Duo Henry & Jeannie. Theme 'Seaside Holiday', at Chard Guildhall. 8-11pm. Free parking. Bring your own snacks. Tea/coffee and biscuits provided. Pay on the door £6.

OTTERY ST MARY: Ottery St Mary Community Market at The Institute, Yonder Street, 9.30am-12.30pm. Free admission. Lots of local crafts and produce created and grown by local people. Meet, chat and enjoy some refreshments.

CHEDINGTON: Chedington Street Fair and Fun Dog Show from 12noon until 5pm. Entry £1,50 per adult with free car parking. Contact 01935 891232 for info.

COTLEY, NEAR CHARD: Wambrook Flower Show at the Tithe Barn, Cotley, near Chard, 2.30pm. Plenty of stalls, games and cream teas to keep all ages amused ! Music from Steel the Show steel band. For more details call 01460 239429 or visit www.wambrook-parishchurch.com

COLYTON: The Pelleas Ensemble are performing at St Andrews Church, at 7.30 pm. This up and coming musical trio are supported by The Tillett Trust, a charity that promotes exceptional young musicians. The varied programme includes works by Mathias, Bach, Gershwin, Rameau, Britten and Ravel. Entry fee to include free Pimms and canapés on the lawn from 6.45 pm. Adults £12, FoStA members £10, Under 18s £6. Tickets on the door or in advance from The Little Shop, Market Square 01297 552057

DRIMPTON: An evening of adult comedy at the Royal Oak. Starting at 8pm, featuring David Arnold, Louis Burgess, MJ Walker, and Wayne the Weird. A charity comedy event, £2 fee on the door. Collection and all profits go to Drimpton Youth Club & Cancer Research UK. Pizza available beforehand. For more details call 01308 867930.

KILMINGTON: Kilmington Flower Show and Village Fayre. 1pm: A traditional family village show, Kids fancy dress, dog games, family entertainment, crafts and floral marquee, stalls, live music, BBQ, bar, cream teas and lots more. Children under 16 free, Adults £3. Whitford Road, Kilmington EX13 7RF

COMBE RALEIGH: 30th Annual Craft & Produce Show at the village hall. Admision £1 adults, 50p children. Open to all, 2.30-4.30pm. Classes for flowers and floral art, fruit & veg, produce & baking, crafts, photography, children's classes. Refreshments, plant stall, raffle. For more details call 01404 43929, 46000, or 42527.

CREWKERNE: Breakfast/Brunch at Henhayes Centre. 10am–12noon (last order 11.30am). Basic £4 extras available at 50p each. No booking needed.

More Diary Dates on page 34

Deadline is Friday 4pm for the following Tuesday's publication. Please ensure dates are included for all listings - weekly listings without dates may not be published.

Persuasion: A New Musical Drama

THE Chamber Opera Tour is bringing *Jane Austen's Persuasion: A New Musical Drama* to the Marine Theatre this Wednesday, July 26th and Thursday, July 27th at 7.30pm.

Back by popular demand this remarkable performance commemorates the 200th anniversary of Jane Austen's death and the publication of her famous and loved novel.

This original musical adaption has toured both the US and UK over the past four years and was a sell-out at the Marine last summer.

The widely acclaimed stage production will transport you back in time and features songs from Jane Austen's manuscripts and music from the era and is performed by a chamber orchestra. With beautiful Regency costumes, projected scenery and world-champion Irish dancers, this lavish production will leave you in no doubt that Lyme Regis is the home to this brilliant story!

Perfect synchronicity between the cast and impressive chamber orchestra… this production ticks every box.' (**** Broadway Baby, 2015 Edinburgh Festival Fringe)

Don't miss your chance to see this excellent performance of a classic masterpiece this Wednesday, July 26th and Thursday, July 27th at 7:30pm.

Tickets £12 (£10 concessions) from the Box Office on 01297 442138 or online www.marinetheatre.com

Comedy whodunnit with a twist at the Marine Theatre

Murder She Didn't Write, the fast moving quick witted improvised comedy is coming to the Marine Theatre on Friday, July 28th at 7.30pm.

This is a whodunit with a twist as you, the audience become the author in this original and hilarious improvised comedy, which means no two nights are the same as theatre company Degrees of Error present an unplanned, unscripted and never before seen murder mystery play based on your suggestions!

Watch as the dramatic events you and your fellow audience have helped to create unfold live on stage! The motives are mounting and the evidence is everywhere ... but will you guess whodunnit before the suspects are called to the drawing room?

Murder She Didn't Write is this Friday at 7.30pm, tickets £12 (concessions £10) available from the Box Office on 01297 442138 or online www.marinetheatre.com

Ilminster's cinema at Warehouse Theatre celebrates 30th season

THIRTY year's ago, at the Warehouse Theatre in Brewery Lane, Ilminster, the paint was hardly dry when the new film club, The Cinema at the Warehouse, was formed. Two well-worn 35mm projectors were installed and a screen was hung and a programme of a dozen films drawn up. Membership took time to grow, but grow it did and nowadays there are over 200 members each season.

The is club is celebrating its 30th season on Sunday, December 17th with a screening of Babette's Feast, a wonderful Danish film we showed 30 years ago on reel-to-reel, of course. All films are now shown on DVD, which the club buys and adds to its free-to-members library each year. Babette's Feast is our Christmas special and an excuse for a celebratory drink.

The Warehouse provides a fine venue for movies, with its comfortable raked seating, a large screen and a central location in Ilminster. The club is run by a committee and volunteers and offers a rich and varied programme of 12 or so recently released, acclaimed films, both foreign and English language – movies that tend not to get shown locally by the major cinema chains. This year's collection includes: Paterson; The Olive Tree; Manchester by the Sea; A Bigger Splash; Babette's Feast; Burn, Burn, Burn; Divines, Arrival; Tanna; I, Daniel Blake; Mustang.

Membership for the year is just £24 (£2 per film) with free coffee and biscuits and free use of the DVD library. We are currently enrolling members for the 2017-2018 season. For more information and to join, go to www.cinemaatthewarehouse.co.uk or email crisrainbow44@gmail.com .

Minions, Wild West Cowboys and Pirates all at one park!

THE SIX weeks of Summer School holidays are nearly upon us – what have you got planned?

World of Country Life Exmouth in Exmouth may have the answer with their fun packed itinerary of summer activities planned to keep the kids and grown-ups amused.

Back by popular demand - those crazy funny blobs of 'yellowness' it is of course the lovable Minions! They will be causing their usual brand of mischievousness all over the park every Monday throughout the school holidays –BANANA!!

Wednesdays are all about the Wild West and 'rootin' tootin' fun and games! Look out for Sherriff 'Angus and his deputies - they will be on hand to round up the baddies and restore order on the park – Yeeha!!

Ahoy me hearties! Pirate Fridays are back bigger than ever for summer 2017 with shows that will entertain and games to keep you on your toes every Friday throughout the school holidays. 'Shiver me timbers!'

Aside from the themed days there are loads of extra activities planned for summer, alongside the usual daily itinerary. Ride the Deer Train Safari* walk a goat, bottle feed the lambs & calves, wonder at the amazing Hawkridge birds of prey flying displays, watch the hilarious 'Total Wipe-out' Ferret racing or the equally hilarious 'Lamb National' sheep racing event all of which are daily activities.

There are two themed soft play areas, the big blue slide, the playground and new for 2017 the giant air bouncer – great fun for kids and adults!

If you do have any time left don't forget to take a stroll down memory lane in the Victorian street, visit the shops and the pub and then visit the museum and find out how farmers farmed the land in years gone by with the working machinery on view.

A visit to World of Country Life would not be complete without popping in to the Hall of Transport one of the largest collections of classic vehicles and steam engines in the south west, home to the Charabanc used in filming Downton Abbey and Mr Selfridge's Daimler to name but a few!

So, what days are you planning to visit World of Country Life? Perhaps an Annual Pass membership may be worth considering - only £35.90 for children & over 60's and only £40.50 for adults and with under 3 years old free you could enjoy whole year of fun filled days out! Check out www.worldofcountrylife.co.uk for full details.

*small additional charge.

Diary Dates

SUNDAY JULY 30TH

HONITON: Hospiscare Bingo Evening. Mackarness Hall, Honiton. Doors open at 7pm, Eyes Down 7.30pm. Refreshments and Raffle.

ILMINSTER: Quiz night in aid of One plus one carnival club. Teams of up to 5 at £1 per head. Doors open 7:30pm. For 8pm start.

SEATON: Classic Vehicle Show, as part of Seaton's Devon Air Ambulance Week. 10am-4pm on Seaton Esplanade. Classic cars and vehicles day. Live music, entertainment, food and refreshments available.

SIDFORD: Cream tea from 230pm at 5 Packhorse Close Sidford. Contact 01297 20741 or 01404 871342 for a table or further information. Raising funds for Fay Rabjohns for Colyton Carnival Princess

MONDAY JULY 31ST

AXMINSTER: Axminster Movies on Monday: Beauty & The Beast (PG) Belle (Emma Watson), a bright and beautiful young woman, is taken prisoner by a beast (Dan Stevens) in its castle. 2pm Light refreshments. Tickets £4 Advance booking 01404 831207 or from the Heritage Centre The Bradshaw Meeting Room, Axminster Heritage Centre, Silver Street, EX13 5AH. All welcome!

CREWKERNE: Physio Fit at Henhayes Centre – 9.40 to 10.40am and 10.45 am to 11.45 am. £2 for members/ £3 for non- members. Transport available for second session, ring Centre to book.

CREWKERNE: Short Mat Bowls at Henhayes Centre. 7 – 9.30pm. New members welcome, come and give it a try.

TUESDAY AUGUST 1ST

YEOVIL: YouCanSing informal music session. At Lockwood Court, Stilby Road 2-4 pm. £3. For people with and without disabilities. Info: 01935 472771 or thedancingmaster@outlook.com

COLYFORD: Bingo - Cash Prizes. In aid of Seaton Friends Hospiscare@Home. Doors open 7pm - Eyes Down 7.45pm. Colyford Memorial Hall. Ample free parking.

CREWKERNE: Sequence Dancing at the Victoria Hall, 1.45pm to 4pm. Tea and biscuits. Raffle £2 per person. For more details call 01935 415520 or 01308 862866.

AXMINSTER: Axminster & District Probus Club for retired and semi-retired business and professional men meets at 10am for 10.30am at its new venue, Cricket St. Thomas Golf Club (TA20 4DG), for a talk by Brian Phelps entitled 'Tales of a Country Copper' and an optional lunch. For further details ring 01460 220528.

COLYTON: Parent support group 'Putting the Pieces Together' are holding a tea a cakes sale at the Reece Strawbridge Centre in Colyton. The event takes place from 2-4pm and continues to raise funds for South West Autism Support following the Long Way Down charity cycle ride through France earlier this year. All are welcome to support this worthy cause.

CREWKERNE: Computer Drop-in at Henhayes Centre – Questions answered and help provided. 10am to 12 noon, £2/£3.

CREWKERNE: Tuesday Welcome Group at Henhayes Centre. £2.50 incl coffee per session. For people 50+ who like to meet other people and enjoy a few activities like painting, pottery, music, quizzes and occasional bingo. Transport can be arranged (£3.00) and members usually stay for a cooked lunch priced at £6.50 including tea or coffee. Please call 01460 74340 for further details.

CREWKERNE: Henhayes Knitters. Come and enjoy a knit and natter afternoon and make items for yourself or for sale at the Centre. 2 - 4pm.

WEDNESDAY AUGUST 2ND

COLYTON: Colyton, Colyford & District Memory Café 2pm to 4 pm, St John Hall, King Street.

CLAPTON: Sew, Knit & Natter at Clapton & Wayford Village Hall, 10.30am. All welcome. For more details call 01460 72837

CREWKERNE: Bingo – "eyes down" at 2pm at Henhayes Centre. £5.30 (£4.80 for members) for 6 books of 12 games, cash prizes. Bar open, refreshments available, raffle.

THURSDAY AUGUST 3RD

CHARD: Straightforward, welcoming, and free relaxation and meditation sessions in Eleos Coffe Shop, Chard. First Thursdays April to September, 7pm-9.15pm. Facebook.com/stompyrelaxation. Email: stompy@cheerful.com.

AXMINSTER: Music at the Minster: Lunchtime concert. Robert Coleridge (organ/piano). At the Minster, 12.30pm. Lunch at 1.05pm. For more details call 01297 32927. Donations towards the upkeep of the church.

COLYTON: Historical Walking Tours of Colyton. Every Thursday until September 28th at 2pm. Meet at the Dolphin Street Car park. Booking not necessary. £3 for adults, under 16s Free.

Live Music @
The Smugglers Inn
East Walk, Seaton EX12 2LN
01297 598659
BOSON THEORY
Friday 28th from 8pm Boson Theory
followed by Karaoke with DJ PP from 9pm for Devon Air Ambulance
Saturday 28th Chelsea Glover in The Hook & Parrot
Jefferson Archive in The Smugglers
For more information, please call the pub

Colyton, Colyford and District Memory Café
St John Hall King Street Colyton
The first Wednesday of each month 2 - 4pm

If you, a friend or a loved one is suffering from memory loss or has been diagnosed with early dementia we offer an afternoon of friendship and support for you and your carer.

Our volunteers are available to carers for a quiet chat and can provide information, leaflets and signposting advice. We also aim to have regular visits from health professionals.

Why not come along to share opportunities with others to reminisce and enjoy some music, talks and quizzes, or just come along for a cup of tea and some cake!

We welcome friends from all the surrounding villages.
Some parking is available plus a large drop off point
For more information, ring Sue on 01297 599477

The Henhayes Community Centre in Crewkerne

Open to all 5 days a week
for lunch, tea or coffee 9am to 4.30pm
and Saturday mornings
for coffee or tea and cakes
from 10am to 12 noon
Licensed premises
The Centre can also be hired

LOOK WHAT'S ON

JAZZ CONCERT
Friday 28th July
Clive Smith with his
ARCADIA JAZZ BAND
Concert only £10, with supper £16
Concert 7.30pm Supper 6.30pm

Tickets available at the Centre
Supper must be prebooked and paid for.

Friday 28th July
BREAKFAST/BRUNCH
10 – 12noon (last order 11.30)
Basic breakfast £4.00
Extras available at 50p each
No need to book

The Henhayes Community Centre,
South Street Car Park, Crewkerne
Tel: 01460 74340
www.henhayes.co.uk
henhayescentre@btconnect.com

HORTON
54th FLOWER SHOW
2pm Saturday 12th August 2017
Horton Village Hall
FREE ADMISSION

Donations at the Door Appreciated
Presentation of Awards 3pm

Vegetables Flowers
Crafts Refreshments Auction

Free Entry form and Schedule from Horton Post Office
Also online at Horton Village Website Events Page to View or Print

Everyone Welcome

Sunday 13th August 11:00am
United Family Service

ILMINSTER
arts centre
AT THE MEETING HOUSE

BEYOND THE SURFACE
Until Fri 4 August
Group exhibition featuring work in a lively range of mediums.

KAREN SHARP & SUE RICHARDSON
Friday 28 July 8pm
Playing tribute to jazz legends Gerry Mulligan & Clifford Brown. With the Craig Milverton Trio.
Tickets £16 (pre-show supper £14 at 7pm, must be pre-booked)

PETE ALLEN JAZZ BAND
Friday 11 August 8pm
An evening of fun and feel good trad jazz - unmissable!
Tickets £20 (suppers sold out)

Box Office: 01460 54973
www.themeetinghouse.org.uk
info@themeetinghouse.org.uk
East Street, Ilminster, Somerset, TA19 0AN
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Send your free diary dates to rob@viewnews.co.uk
Deadline Friday 4pm for the following Tuesday's publication.

Diary Dates

To arrange a walk for a larger group please phone 01297 552514

CREWKERNE: English Folk Dance. St Bartholomew's Church Hall, Abbey Street, 8-1pm Every Thursday. £3.50. First visit free. For more details call 01460 77320 or 01460 75760.

OTTERY ST MARY: Spotlight reporter and crime writer Simon Hall will be talking about his books and his day job at the BBC. "Justice Mirror", is about a crime fighting TV reporter, with an agenda driven by his heart, drawn into the case of a double murder. Thursday 3rd August at 7pm. Tickets, £2.50, from the library.

CREWKERNE: Over 50s Keep Fit at Henhayes Centre. 10–11am. £3.50 (members £2.50)

CREWKERNE: Physio Fit at Henhayes Centre – 10.30 am to 11.45 am. £2 for members, £3 for non- members.

CREWKERNE: Short Mat Bowls at Henhayes Centre. 2 – 4.30pm. New members welcome, come and give it a try.

CHARD: Free Cooking Demonstrations For Heart & Diabetes with HALFF (Health and Local Food for Families). 11am-1pm. Free healthy cooking demonstrations giving hints and ideas for cooking and covering nutritional advice for people with, or at risk of, type 2 diabetes, heart disease and high blood pressure. At Crowshute House, Crowshute Link, Chard, TA20 2EZ. No need to book, just turn up, it's free. Chat, learn, eat. Call Nikki on 01297 631782, email nikki@halff.org.uk or go to www.halff.org.uk for more information.

FRIDAY AUGUST 4TH

CREWKERNE: Sequence Dancing at Victoria Hall, 1.45-4pm. Tea and biscuits, raffle. £2 per person. For more details call 01935 415520 or 862866.

SATURDAY AUGUST 5TH

BISHOPS CAUNDLE: Blackmore Vale Branch of the Embroiderers' Guild Open Day. 10.30am - 3.30pm. Bishops Caundle Village Hall DT9 5NB. Demonstrations, displays of work by members and the Young Embroiderers' Group, sales tables, tea/coffee, parking and disabled access. Any queries, please contact 01935 429628

SEATON: 'What's that bird?', 11am-1pm. No booking required, free, Island Hide at Seaton Wetlands, Colyford Road, EX12 2SP wildeastdevon.co.uk, 01395 517557, countryside@eastdevon.gov.uk

COLYTON: Colyton Link Annual Coffee Morning from 9.30am to 11.30am in Colyton Town Hall. With stalls, tombola, raffle, refreshments. Do please come and support your Link.

STOCKLAND: Stockland & District Gardening Club - Annual Open Summer Show, Victory Hall, at 2.30pm. Schedules available from Secretary 01404 881199.

SATURDAY AUGUST 5TH - THURSDAY 10TH

SEATON: Seaton and District Art Society Annual Exhibition with be held in the Gateway Theatre Town Hall on August 5th to August 10th, 10am to 5.30pm, admission free.

MONDAY AUGUST 7TH

CREWKERNE: Physio Fit at Henhayes Centre – 9.40 to 10.40am and 10.45 am to 11.45 am. £2 for members/ £3 for non- members. Transport available for second session, ring Centre to book.

CREWKERNE: Short Mat Bowls at Henhayes Centre. 7 – 9.30pm. New members welcome, come and give it a try.

TUESDAY AUGUST 8TH

SIDMOUTH: East Devon Organ Club at Primley Road Church Hall (EX10 9LH). Tony Stace will perform at 7.30pm.

COLYFORD: Bingo - Cash Prizes. In aid of Seaton Friends Hospiscare@Home. Doors open 7pm - Eyes Down 7.45pm. Colyford Memorial Hall. Ample free parking.

CREWKERNE: Sequence Dancing at the Victoria Hall, 1.45pm to 4pm. Tea and biscuits. Raffle £2 per person. For more details call 01935 415520 or 01308 862866.

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Folk's royal family head to Yeovil

■ Eliza and Martin Carthy

THE good Doctor Martin Carthy and his twice Mercury nominated daughter Eliza Carthy, join forces to perform songs from their first duo album ever, The Elephant.

Martin is a legendary ballad singer and guitarist who has influenced generations of artists, including Bob Dylan and Paul Simon, while Eliza has been twice-nominated for the Mercury Music Prize and is a multiple-award winner at the BBC Radio 2 Folk Awards.

In what has become something of a parallel career, Eliza has co-presented the BBC Radio 3 World Music Awards, been a regular guest-presenter on the BBC Radio 2 Mark Radcliffe Show and has made many appearances on BBC TV's Later with Jools.

She has also been nominated for Best Album at BBC Radio 2 Folk Awards 2015, and was winner of the Lifetime Achievement Award at the BBC Radio 2 Folk Awards 2014.

The gig is Supported by The David Hall in South Petherton.

Eliza and Martin Carthy play at Yeovil's Octagon Theatre on Friday, September 1st. Tickets are £17, and £15.50 concessions - a £1 ticket levy is included in all stated ticket prices.

For more details or to book call 01935 422884 or visit the website at www.octagon-theatre.co.uk.

Bull & Bonkers!

BE SURE of a memorable evening of hysterical nonsense, as we take a peek into the circus lurking deep within the mind of, probably the greatest, comic storyteller ever to grace the stage.

Jethro beguiles and befuddles his audience with the endless stream of irreverent twaddle that has created a comedy genius. Over 4 million DVD sales pay testament to the legion of fans who have followed Jethro faithfully throughout his career.

Now, with stories old and new Jethro presents his *Bull & Bonkers* Tour. The performance may contain adult material that some might find offensive.

■ Jethro

Jethro brings the Bull & Bonkers tour to Yeovil's Octagon Theatre on Wednesday, September 6th. Tickets are £21 (a £1 ticket levy is included in all stated ticket prices). For more details or to book visit www.octagon-theatre.co.uk or call 01935 422884.

Pete Allen's traditional jazz values

■ Pete Allen

THE feel good factor comes to Ilminster Arts Centre on Friday, August 11th with a performance by the hugely popular Pete Allen Traditional Jazz Band.

Pete Allen first appeared at the Arts Centre three years ago, and he returns in the company of his band, which is one of the best-known 'trad' bands in the country.

One of Europe's most talented and exciting exponents of the clarinet, Pete Allen first formed his band in October 1978, and since then it has made numerous appearances on television and radio as well as performing at prestigious jazz festivals and clubs throughout the UK and abroad. Along the way the band has acquired legions of enthusiastic fans and among the countless wedding receptions and birthday parties at which the band has performed over the years can be included a number of functions for Sir Ian Botham.

The band are renowned for their exciting and entertaining repertoire of happy traditional jazz. It's a sound that everyone can enjoy and understand being a combination of well-played music with professional presentation.

The concert at Ilminster Arts Centre is a must not only for traditional jazz fans but also for anyone who enjoys feel good, uplifting music being performed live in an intimate, low key venue. Tickets are £20, and a pre-show supper is available for £14 at 7pm, but must be pre-booked.

To book your tickets please contact the Box Office on 01460 54973.

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SYMONDS & SAMPSON BEAMINSTER HELD THEIR SECOND ANNUAL CHARITY GARDEN PARTY – AND WHAT A PARTY!

THE sun shone in Maggie and Peter Brook's beautiful garden in the heart of Beaminster as over 100 guests came to enjoy an ice cold Pimms and canapes all in aid of two local charities; Mosaic who work with bereaved children and the Go Girls who support women with gynae cancers and were out in full force spreading their infectious enthusiasm and giggles.

'These charities mean a lot to the firm and our office in particular as our colleague Erica lost her battle with ovarian cancer in 2016' commented Jeremy Smith. 'The generosity of our guests, the local community and the staff has been astonishing.'

'Thank to many local businesses we were able to offer some superb raffle prizes and raised over £600 on the day and further donations from guests who were unable to come exceeded £800. We have so many people to thank for the day's success not least Maggie and Peter Brook. The grand total for the afternoon is looking to total around £1,500. A truly staggering figure!'

The Go Girls were also able to raise an extra £541 with their own raffle for an amazing Duchy hamper.

Symonds & Sampson are continuing to raise funds for these two exceptional charities and will be organising further events throughout the year.

Further thanks must be made to, Co op, John Cornick Motors Yeovil, Palmers Brewery, Duchess of Cornwall Inn Poundbury, Anchor Inn Seatown, Belle Modelle, Farmer Palmers, Beth Rendall dog grooming, Heritage coast canoe club, Emily Roy Beautician, Trading Post Café, Beaminster Flowers, Cilla and Camilla, Sutton Bingham reservoir, Brassica, Bridge House for their generous raffle donations!

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Seaton, Delightful 3 bedroom House with Annex. £325,000
Presented in excellent order throughout, this delightful three bedroom semi-detached house has the benefit of a fully independent attached one bedroom annex offering extra living space, space for a dependent relative, or income potential. EPC house rating D, annex rating C.

Colyton, A Superb 3 Bedroom Bungalow. £349,950
A beautifully presented three bedroomed renovated bungalow with lovely outward views, landscaped gardens, garage and parking. EPC rating C.

Seaton, Spacious 2 Bedroom Apartment. £139,950
A well presented two bedroom second floor apartment located in the heart of the town at the centre of the shopping area and only a short distance from the seafront. EPC rating B.

Beer, 3 Bedroom Period End Terrace. £320,000
A most appealing three bedroom period end of terraced character home that has been a most successful holiday let that could continue in its present role or would make a delightful main home. Courtyard garden. EPC rating E.

Axminster, Substantial Detached 6 Bedroom House. £475,000
A fine and most appealing substantial six bedroom detached house located in a semi-rural position on the outskirts of Axminster, with pleasing views over the surrounding countryside. EPC rating F.

Beer, 1 Bedroom Apartment with Sea Views. £205,000
In a truly special setting, this delightful one bedroom apartment created from the top floor of a former country house, offers outstanding village and sea views, allocated parking and use of the communal garden and grounds. EPC rating F.

Colyton, 4 Bedroom Detached Country Home. £675,000
A superb four bedroom country home in an outstanding rural location with gardens and grounds approaching three acres. Outstanding panoramic views over the hills and countryside surrounding Colyton. Formal garden areas. Paddocks. Garage/workshop and outbuildings. EPC rating E.

Seaton, 2 Bedroom Ground Floor Apartment. £189,950
An opportunity to purchase an over 55's, spacious ground floor two bedroom retirement ex-show apartment that is located in the heart of Seaton, very close to the town centre and sea front. EPC rating C.

Seaton, 3 Bedroom Detached House. £294,950

An attractive and well presented three bedroom detached house located in Seaton's Bovis Pebble Beach development, within a short distance to the town centre and seafront. EPC rating B.

Seaton, Stylish 4 Bedroom Detached House. £530,000
A superb four bedroom detached house that has been improved and upgraded by the vendors and is now in better than new condition. This spacious property offers flexible living, together with the largest garden in this prime development. EPC rating B.

Colyton, Charming Grade II Town House. £450,000
A delightful three/four bedroom Grade II listed town house offering period features, including; original sash windows with working shutters, period fireplaces, centrally heated and spacious and flexible accommodation. Gardens, garage, parking. EPC exempt.

Colyton, 2 Bedroom Mid Terrace Cottage. £650 pcm
Available August 2017. An attractive, unfurnished, mid terrace cottage close to the heart of Colyton with an appealing stone front elevation under a slate roof. Rear Courtyard. EPC rating E. Pets allowed. Fees Apply.

Seaton, Spacious 2 Bedroom Chalet Bungalow. £320,000
A most appealing and very spacious two bedroom detached chalet bungalow, located close to the town centre and sea front. EPC rating D.

Seaton, Large 2 Bedroom Apartment. £142,500
A very spacious first floor apartment located in the centre of Seaton and convenient for all the town centre amenities and the sea front. EPC rating E.

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CHARMOUTH £545,000

A very well maintained contemporary detached home situated in a lovely quiet position within a level private road in the centre of Charmouth. *Two Receptions*Four bedrooms (one en suite* Large first floor balcony and ground floor deck* Detached garage* Gardens EPC band E.

CHARMOUTH £230,000

Mid-terraced period 2/3 bed cottage with rear extension and private parking in the village centre. No onward chain. Viewing essential. EPC band F.

LYME REGIS £395,000

Located in a quiet cul de sac just a stone's throw from the town and sea front, this three bedroom house offers good size accommodation parking and gardens. EPC rating E.

UPLYME £645,000

Situated on the edge of the popular East Devon village of Uplyme, close to the coastal town of Lyme Regis this tastefully presented chalet style detached home stands in wonderful large gardens of two thirds of an acre. EPC rating D.

CHARMOUTH £415,000

Period 4 Bed house together with small shop and outbuildings *Kitchen-diner*Living Room*4 beds* Bathroom*shop*gardens *outbuildings EPC band E.

CHARMOUTH £280,000

Characterful cottage with period features*Long living room with two fireplaces*Galley kitchen* Dining room*Two double bedrooms*Study/ bedroom* Shower room*Patio & Gardens* Riverside setting EPC band D.

LYME REGIS £247,500

Set in a delightful and tranquil location with countryside views across the valley is this attractive two bedroom well presented barn conversion. EPC rating F.

LYME REGIS £135,000

A well presented purpose built ground floor retirement apartment situated close to the town's shops, sea front and local bus routes. EPC rating C.

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For more information call 01297 445666

SEATON £287,500

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SEATON £285,000

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A modern detached 2/3 bed bungalow situated in an elevated position on the outskirts of town with views over the estuary to the village of Axmouth, Axe Cliff and surrounding countryside. EPC rating D.

SEATON £850 PCM

LET

A spacious 3 bedroom semi-detached property situated in Seaton. Consists of large living room & kitchen. Downstairs toilet. 2 double bedrooms one with en-suite; 1 further single bedroom. Family bathroom. Garden & garage. EPC Rating B. Tenant fees apply.

SEATON £695 PCM

A well-presented 2 bedroom first floor apartment situated in Seaton. The Apartment has excellent sea views across to Seaton Hole. Comprising of two double bedrooms & a large open planned kitchen & living area. A bathroom with shower over bath. Parking. The property is available to let part furnished. EPC rating C. Tenant fees apply.

SEATON £110,000

NEW

A 2 bedroom, 2nd floor apartment located in the town centre with views towards Axe Cliff and the sea. This property has the benefit of communal gardens. EPC rating F.

SEATON £265,000

NEW

Beautifully presented 3 bedroom semi-detached house situated on the new Bovis Homes development with garden, garage and parking. EPC rating C.

SEATON £650 PCM

LET

A very nicely presented unfurnished, mid terrace property. Property comprises of lounge with laminate floor, fitted kitchen with integrated fridge/freezer. Two bedrooms, white bathroom suite with electric shower. GFCH. Front & Back garden, one parking space. EPC Rating C. Tenant Fees apply.

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BUSHFIELD ROAD, CREWKERNE £225,000

Two Double Bedrooms | Semi – Detached Bungalow | Good Sized Gardens Front and Rear | Ample Off Road Parking Garage | Utility Room | ER: TBC

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WINTERFIELD, HASELBURY PLUCKNETT £179,950

Village Location | Three Bedrooms | Conservatory | Sitting Room | Large Gardens | Communal Parking | Backing onto Fields | Open Fireplace | Popular Primary School | ER: F

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LYME ROAD, CREWKERNE POA

A Well Presented and Deceptively Spacious Character Cottage on the Fringes of the Town | Sitting / Dining Room Kitchen Rear Utility / Cloakroom | Three Bedrooms | ER: E

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BUSHFIELD ROAD, CREWKERNE £880 PCM

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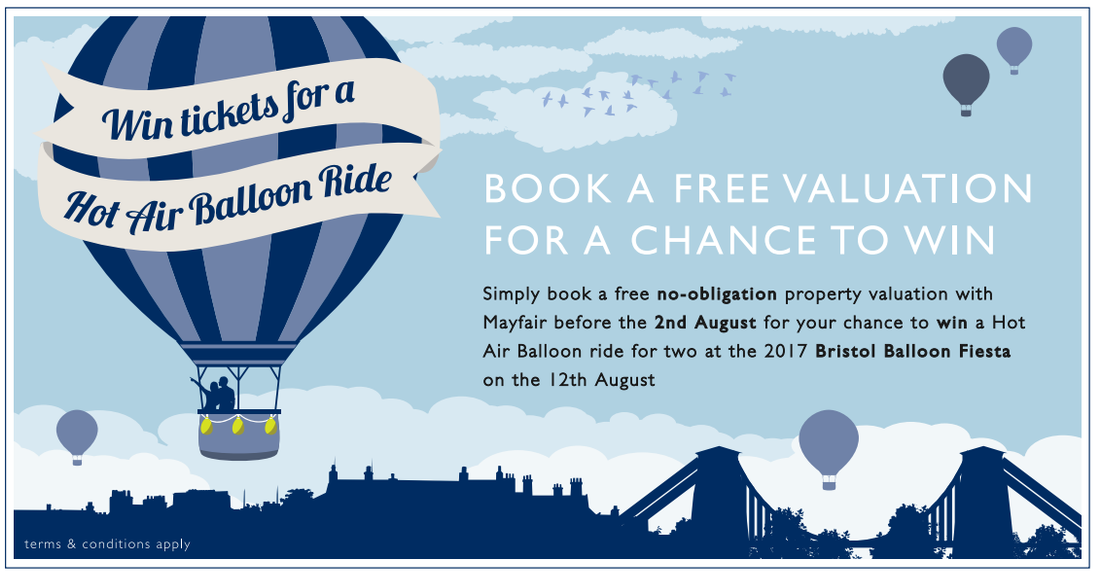

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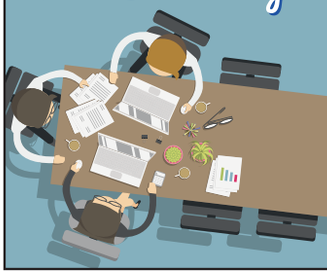

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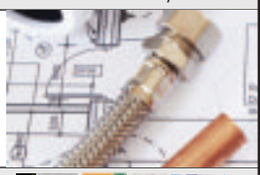

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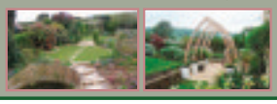

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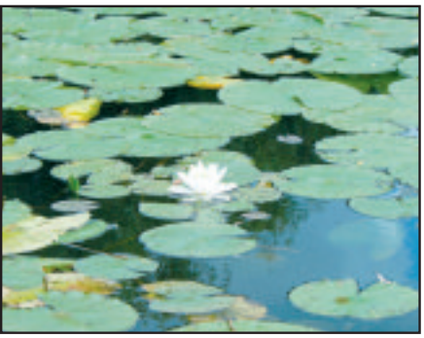

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Precision, beauty and performance: The new Lotus Evora GT430

FOLLOWING the successful introduction of the Lotus Evora 400 and Evora Sport 410 to global markets, Lotus has unveiled its most powerful road-going model ever – the Evora GT430.

A beautiful and pure combination of elegance and power, Lotus has lavished attention on hand-crafted carbon-fibre components to endow this fully homologated Evora with a level of precision engineering and design unseen before.

This focused evolution of the critically acclaimed Evora has resulted in a landmark model for the famous British manufacturer. Powered by a new development of the 3.5-litre V6 supercharged and charge cooled engine producing 430 hp, and benefitting from a significant hike in downforce, the rare breed Evora GT430 is a class apart from its competitors.

Underpinned by the company's acknowledged eminence in lightweight engineering, and at a new benchmark weight of 1,258 kg (dry), the Lotus Evora GT430 is the manufacturer's most powerful and accomplished road car to date. With such performance, and all the marque's chassis expertise, the new Evora GT430 delivers tremendous real-world speed and handling unheard of in its class.

Given the car's breath-taking design and phenomenal performance, the Evora GT430 is an instant classic. Just 60 editions of this supreme Evora will be hand built in Norfolk, England, for sale in select markets around the world and, following the popularity of Lotus' recent limited run editions, it's already in line to be a true collector's car.

Marking the return of a famous Lotus badge, and acknowledging the Lotus Esprit V8 GT and the Esprit GT3 from the 1990s, this two-seater encapsulates the company's approach to fast point-to-point sports cars. 0-60mph is dispatched in just 3.7 seconds and the car's top speed is 190 mph (305 km/h).

With new and specifically designed body panels, featuring exposed carbon weave sections, front and rear, the Lotus GT430 generates up to 250 kg of downforce through advanced aerodynamics. Larger front apertures, a new carbon fibre splitter, air blades and louvers positioned on top of each front wheel arch clearly illustrate the supercar credentials of the Evora GT430 when viewed head on. At the rear, aero ducts behind each wheel reduce pressure in the wheel arch and offer visibility of the wider Michelin Pilot Sport Cup 2 tyres, and a large rear diffuser provides a sharp visual finish. Both are crowned by the large, profiled carbon wing.

Jean-Marc Gales, CEO, Group Lotus plc said, "The Evora GT430 is a landmark car for Lotus. Lightweight engineering and class-leading handling, paired with Lotus' aerodynamic expertise, define the Evora GT430 as a legendary Lotus. It's a truly beautiful car, meticulously finished in hand-crafted carbon, and employing the latest aerodynamics and lightweight materials. This highly developed vehicle perfectly reflects Lotus' attention to engineering and design. We expect the lucky owners to be blown away by its pure presence and staggering performance."

■ The new Lotus Evora GT430

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Alfa Romeo announces UK pricing and specification for all-new Stelvio

FOLLOWING its UK debut at Goodwood Festival of Speed last month, Alfa Romeo has revealed the UK pricing and specification for its first ever SUV, the all-new Alfa Romeo Stelvio, with prices starting from £33,990 OTR. The Alfa Romeo Stelvio launches with an exclusive version for 2017 – the Milano Edizione to offer customers even greater functionality and style, while providing exceptional value for money.

Four trim levels will be available from September including Alfa Romeo Stelvio, Super, Speciale and the limited production Milano Edizione. At launch, drivers will be able to choose between two engine versions – 2.2-litre 210hp diesel Q4 AWD and 2.0-litre 280hp petrol Q4 AWD – combined with an ZF eight-speed automatic transmission as standard.

The 2.0-litre 280hp petrol Q4 AWD engine offers best in class acceleration, going from zero to 62mph in just 5.7 seconds and onto a top speed of 143mph, while returning 40.4mpg* on the combined cycle and emitting just 161g/km* CO2. The 2.2-litre 210hp diesel Q4 AWD meanwhile, gives out 127g/km* CO2 and returns 58.9mpg* on the combined cycle, while still registering a top speed of 134mph and accelerating from zero to 62mph in 6.6 seconds. From September the Alfa Romeo Stelvio will also be available to order with a 2.2-litre diesel engine, producing 180hp and available in both Q4 all-wheel-drive or rear-wheel-drive, and a 2.0-litre petrol engine, with 200hp and Q4 all-wheel-drive.

Featuring perfect 50/50 weight distribution, Alfa Romeo Q4 all-wheel drive architecture, best in class power-to-weight ratios and innovative engine and driver technologies, the Alfa Romeo Stelvio embodies everything a true Alfa Romeo should. Not only that, but the Alfa Romeo Stelvio can boast at being the lightest mid-size SUV in the sector thanks to its lightweight body structure and carbon fibre driveshaft, coming in at just 1,604kg for the 2.2-litre diesel 180hp RWD and up to 1,660kg for the 2.0-litre petrol 280hp Q4 AWD, only adding an extra 56kg for the all-wheel-drive system (AWD).

Finding the perfect balance between driving experience and safety, the Alfa Romeo Stelvio was recently awarded a coveted five-star Euro NCAP rating with a score of 97 per cent for the protection of adult occupants; the highest score in its category. Credited for its host of innovative safety systems, which come as standard across the full range, the Alfa Romeo Stelvio boasts Alfa Romeo's segment-first Integrated Brake System, Autonomous Emergency Brake with pedestrian detection, Blind Spot Monitoring, Forward Collision Warning and Lane Departure Warning.

The all-new Alfa Romeo Stelvio stands out from the crowd thanks to its distinctive Italian design, expressed through its proportions and technical architecture leaving the impression of sophisticated simplicity and quality surfaces, both inside and out. From launch customers will have a choice of three trim levels and a limited production Milano Edizione.

■ The All-New Alfa Romeo Stelvio

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2013(63) BMW X5 3.0D XDRIVE M SPORT £32,000

2014(14) MERCEDES C220 CDi AMG SPORT PREMIUM AUTO £13,000

2015(15) SKODA YETI 1.2 SE TSI SE DSG AUTO £12,750

2014(14) VOLKSWAGEN PASSAT 1.6 TDi EXECUTIVE £10,000

2013(13) VOLKSWAGEN TOURAN 1.6 TDi SE BLUEMOTION £10,300

2014(14) MINI COOPER 1.5 HATCH £10,000

2014(14) MINI 1.2 ONE PEPPER PACK £9,250

MINIS

2014(64) MINI 1.2 ONE 5 DOOR PEPPER PACK, Electric Blue Metallic, 22000 Miles, MINI Service History, TLC Service Pack, Climate Control, Bluetooth, DAB Radio, Pepper Pack, £30 Road Tax £10350
2014(14) MINI COOPER 1.5 HATCH, British Racing Green with White Roof, 16000 Miles, Full MINI History, TLC Service Pack, Air Con, DAB Radio, Bluetooth, Reversing Sensors, £20 Road Tax £10000
2014(14) MINI 1.2 ONE PEPPER PACK, Pepper White, 28000 Miles, Full MINI Service History, TLC Service Pack, Excitement Package, Black Alloy Wheels, DAB Radio, Bluetooth, £20 Road Tax £9250

HATCHBACKS & SALOONS

2014(14) VOLKSWAGEN GOLF 1.6 TDi SE, Candy White, Full Service History, Cruise Control, Bluetooth Phone, Rear Parking Sensors, Alloy Wheels, Outstanding MPG, £0 Road Tax £10500
2012(12) CITROEN DS3 1.6 VTi DSPORT PLUS, Sport Red, Service History, Climate Control, Alloy Wheels, Sports Interior, Cruise Control, Privacy Glass £5750
2011(11) VOLKSWAGEN POLO 1.2 TDi BLUEMOTION, Metallic Blue, Full Service History, ABS Brakes, Air Con, Centre Armrest, Alloy Wheels, £0 Road Tax, Outstanding MPG £6000

ESTATES, 4x4 & MPV's

2013(63) BMW X5 3.0D XDRIVE M SPORT, Alpine White, 40000 Miles, Full BMW History, Full Heated Leather, Pro SAT NAV, Professional Media Pack, Front & Rear Parking Sensors, Cruise Control, £185 Road Tax £32000
2014(14) VOLKSWAGEN PASSAT 1.6 TDi EXECUTIVE, Urano Grey, Full Service History, Heated Leather Interior, SAT NAV, Front & Rear Parking Sensors, Cruise Control, DAB Radio, Bluetooth, £30 Road Tax £10000
2015(15) SKODA YETI 2.0 TDI 4x4 SE BUSINESS, Metal Grey, 22000 Miles, Full Skoda Service History, Skoda Warranty, SAT NAV, Cruise Control, DAB Digital Radio, Parking Sensors, Alloy Wheels £12300
2015(15) SKODA YETI 1.6 TDi GREENLINE ELEGANCE, Pacific Blue, 17000 Miles, Skoda Warranty until April 2018, Leather Interior, Heated Seats, Parking Sensors, Cruise Control, Only £30 Road Tax £12800
2015(15) SKODA YETI 1.2 SE TSi SE DSG AUTO, Metallic Silver, 14000 Miles, Full Skoda Service History, Cruise Control, Alloy Wheels, Skoda Warranty, Parking Sensors £12750
2014(14) MERCEDES C220 CDi AMG SPORT PREMIUM AUTO, Metallic Silver, Full Mercedes Service History, SAT NAV, Reversing Camera, Cruise Control, DAB Radio, Heated Seats, £135 Road Tax £13000
2014(14) VOLVO V60 SE LUX 2.0D 184, Passion Red, Full Volvo Service History, Full Black Leather Interior, Cruise Control, SAT NAV, DAB Radio, Bluetooth Phone, Heated Seats, £0 Road Tax £11000
2013(63) TOYOTA RAV4 2.2 D4-D 4x4 ICON, Metallic Tyrol Silver, Full Toyota Service History, Toyota Warranty until October 2018, DAB Radio, Cruise Control, Reversing Camera, Climate, £150 Road Tax £11600
2013(13) VOLKSWAGEN TOURAN 1.6 TDi SE BLUEMOTION, Metallic Titanium Beige, 53000 Miles, Full VW Service History, Cruise Control, Front & Rear Parking Sensors, Bluetooth, DAB Radio, £115 Road Tax, 7 SEATS £10300
2011(11) LAND ROVER FREELANDER 2.2 TD HSE AUTO, Metallic Isis Silver, Full Service History, SAT NAV, Heated Leather Interior, Panoramic Glass Roof, Climate Control, Cruise Control, Bluetooth £15000

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16 (16) FORD FIESTA TITANIUM 1.0 125ps Ecoboost Petrol, 5 Door Hatchback in Candy Blue Pearlescent, Alloys, Keyless Entry, Cruise Control, Sync, Power Folding Mirrors, USB, Sat Nav, Rear Park Sensors, Our Demo Vehicle, 1000 miles appx..... **£14,595**

16 (16) FORD FIESTA ZETEC, 1.0 100ps Petrol, 3 Door, in Deep Impact Blue Metallic, Sync, A/C, Sat Nav, USB, Power Folding Mirrors, Alloys, Remote Central Locking, Rear Park Sensors, Frt. Foglights, Ex Demo, 1000 miles appx..... **£12,595**

15 (15) FORD FOCUS TITANIUM 1.0 ltr, 125 ps, Petrol Ecoboost, 5 Door Hatchback in Tectonic Silver, Alloys, Rear Parking Sensors, Climate Control, USB, Cruise Control, Sync, Auto Headlights & Wipers, Leather Upholstery, Power Button Start, Heated Front Seats, Sony Radio/CD, Remote Central Locking, Locally Owned, 16300 miles appx..... **£11,695**

15 (15) FORD ECOSPORT TITANIUM 1.5 TDCi, SUV in Kinetic Blue Metallic, Alloys, Radio/CD, Sync, Partial Leather Upholstery, A/C, Keyless Entry, Rear Mounted Spare Wheel, Titanium X Pack, Rear Parking Sensors, One Local Owner, 17000 miles appx..... **£11,395**

14 (14) FORD FOCUS TITANIUM NAVIGATOR 1.0, 125ps Ecoboost, 5 Door Hatchback in Luna Sky Metallic, Alloys, Sat Nav, Cruise Control, Sony Radio/CD, Climate Control, Sync, Power Button Start, Rear Parking Sensors, One Local Owner, 16900 miles appx..... **£10,995**

16 (16) FORD FIESTA TITANIUM 1.0, 125ps Ecoboost, 5 Door Hatchback in Candy Blue Pearlescent, Alloys, Radio/CD, A/C, Sync, Cruise Control, USB, Privacy Glass, Auto Headlamps & Wipers, One Local Owner, 9000 miles appx..... **£10,995**

14 (14) FORD ECOSPORT TITANIUM 1.5 TDCi 95ps, SUV in Kinetic Blue Metallic, Alloys, Radio/CD, A/C, Sync, Keyless Entry, Rear Mounted Spare Wheel, Remote Central Locking, One Local Owner, 17000 miles appx **£10,695**

13 (63) FORD B-MAX TITANIUM 1.6 TDCi 115ps, 5 Door Hatchback in Ink Blue, Alloys, Rear Park Sensors, Power Folding Mirrors, Auto Headlamps and Wipers, Sync, Cruise Control, Sony Radio/CD, A/C, One Local Owner, 23100 miles appx..... **£8,995**

14 (14) FORD FIESTA TITANIUM 1.0, 125ps Ecoboost, 5 Door Hatchback in Hot Mustard Metallic, Alloys, Sony Radio/CD, Sync, A/C, Cruise Control, Auto Headlamps & Wipers, LED Running Lamps, Privacy Glass, Rear Park Sensors, One Local Owner, 26600 miles appx..... **£8,595**

11 (61) FORD FIESTA ZETEC 1.4 Petrol, 5 Door Hatchback in Moondust Silver, Alloys, Remote Central Locking, Power Folding Mirrors, A/C, Radio/CD, Bluetooth, USB, Rear Park Sensors, Elect Frt Windows, Locally Owned, 17520 miles appx..... **£6,695**

15 (15) FORD KA EDGE 1.2 Petrol, 3 Door Hatchback in Scuba, Electric Windows, A/C, Bluetooth, One Local Owner, 34000 miles appx..... **£4,995**

09 (59) FORD KA ZETEC 1.2 Petrol, 3 Door Hatchback in Diamond White, Alloys, Electric Windows, Radio/CD, Front Fog Lights, One Owner, 17900 miles appx..... **£4,695**

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13 (63) FORD FOCUS ZETEC 1.6 Petrol, 5 Door Hatchback in Frozen White, Alloys, Radio/CD, Bluetooth, A/C, Remote Central Locking, Heated Front Screen, Reverse Park Sensors. One Local Owner, 23000 miles appx..... **£8,495**

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FORD KA ZETEC 1.2 PETROL 2010 MANUAL £30 A YEAR TAX, 41,095 miles, 3 door, 1 remote key and 1 spare key, full service history, alloy wheels, air bags, electric windows, radio, CD, aux output, front fogs, electric mirrors, power steering, 6 months warranty included.. **£4,495**

SUZUKI ALTO SZ2 1.0 PETROL 2012 MANUAL £20 A YEAR TAX, only 30,237 miles, 5 doors, full service history, remote key plus a spare, electric windows, radio/CD player, air bags, 1 former keeper, 6 months warranty included **£3,995**

RENAULT GRAND MODUS DYNAMIQUE DCI 1.5 DIESEL 2010 £30 A YEAR TAX, only 25,068 miles, mauve, 5 door, electric windows and mirrors, power steering, 2 remote keys, air bags, ABS, air con, 6 months warranty included..... **£3,995**

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Gone in 44 seconds: New Jaguar XJR575 hosts 186mph interview

JAGUAR has launched the new XJR575 with a high-speed interview starring designer Wayne Burgess being questioned by TV presenter and race driver Amanda Stretton as the performance saloon accelerates from 0-186mph.

Lasting just 44 seconds – the time it takes Jaguar's fastest-ever XJ saloon to reach its top speed – Burgess gave a quick-fire insight into the development of the potent new model.

The high velocity interview was almost over before it began, but the unrelenting acceleration of the new XJ flagship did not stop Burgess, Production Studio Director and SVO Projects Director at Jaguar, from providing a unique take on the performance saloon. Watch the video here: https://youtu.be/U-FPIi-bNc4

The XJR575 is the new performance flagship for the XJ range with power up from 550PS to 575PS, delivering 0-62mph (100 km/h) in just 4.4 seconds. Jaguar Land Rover's 5.0-litre V8 supercharged engine also provides 700Nm of torque, providing the new addition to the range with effortless acceleration and refinement.

Customers will be able to choose between two bespoke exterior colour finishes created by Special Vehicle Operations – Velocity Blue and Satin Corris Grey – while additional tailor-made exterior details include a rear spoiler, side sills, front bumper and lower air intakes featuring gloss black surrounds.

Updated exterior badging and twin bonnet louvres mark the vehicle out from the rest of the range, as do the red brake callipers that accompany the 20-inch Farallon gloss-black wheels. Bespoke embossed tread plates alongside intaglio and diamond-quilted seating add a final flourish to the XJR575's interior.

The XJR575 is manufactured at Jaguar Land Rover's Castle Bromwich plant alongside the XE, XF, F-TYPE and XJ model lines.

The new Jaguar XJR575 model is available to order now from Jaguar UK retailers, priced from £93,710 OTR.

■ New Jaguar XJR575 hosts 186mph interview

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2010 (60) Volkswagen Tiguan 1.4 TSI Match 4Motion 5dr, Manual, Petrol, SUV, 42,000 miles, Air Conditioning, Park Assist, Full VW History..... £9,950

2010 (10) Ford Kuga 2.0 TDCi Zetec 4x4 5dr, Manual, Diesel, SUV, 69,000 miles, Full History, Just Serviced, Appearance Pack - Zetec, 18" Sports Alloys..... £7,795

2012 (12) Nissan Juke 1.5 dCi Acenta 5dr, Manual, Diesel, Hatchback, 40,000 miles, Cruise Control with Speed Limiter, Climate Control, 17in Alloy Wheels. £6,995

2015 (15) Suzuki Swift 1.2 SZ3 5dr, Manual, Petrol, Hatchback, 10,000 miles, One Owner, Full Suzuki History, Sat Nav, Manual Air Conditioning..... £6,990

2014 (14) Ford Fiesta 1.0 EcoBoost Titanium Hatchback 5dr (start/stop), Manual, Petrol, Hatchback, 60,000 miles, DAB Radio, Cruise Control, EATC £6,795

2009 (09) KIA Sorento 2.5 CRDi XE 5dr, Automatic, Diesel, SUV, 40,000 miles, Air Conditioning, Alarm, Electric Windows, Alloy Wheels (16in).....£5,995

2012 (61) Volkswagen Golf 1.6 TDI BlueMotion Tech Match Final Edition 5dr, Manual, Diesel, Hatchback, 83,000 miles, Full History, Cruise Control.....£5,795

2011 (11) Ford Fiesta 1.4 Titanium 3dr, Manual, Petrol, Hatchback, 29,000 miles, ATC Air Conditioning, Cruise Control, Auto Wipers inc Auto Headlamps.....£5,295

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HATCHBACKS

15 15 Seat Ibiza Toca 5 Dr, White, Superb Condition, Locally Owned..... £7,295
14 14 Vauxhall Adam, Red n Roll, Tech Pack, Chrome Pack, Very Chic, 17k £6,595
13 13 Peugeot 3008 Allure HDi, Vapor Grey, Head Up Display, 6 Spd Manual, 26k Miles.. £8,995
12 62 Honda Jazz ES Auto, Black, Sunroof, Just 20,000 Miles From New, Superb!.. £7,495
12 12 Fiat 500 Lounge, Bossanova White, Sunroof, AC, Bluetooth..... £5,795
11 11 BMW 320D Efficient Dynamics, 6 Speed Manual, Slate Grey, Full Black Leather.... £7,995
10 10 Volkswagen Polo 1.4 Auto, Flash Red, Supplied & Maintained By Us, Just 24k Miles! £6,995
10 10 Seat Altea S Tdi, Powder Blue, Air Con, Electric Windows & Mirrors, Just 40k Miles! £4,795
10 60 Vauxhall Astra SRi 1.7CDTi, Blazing Red, Good Looking, Recently Serviced, Sat Nav £5,495
10 10 Alfa Romeo Mito Lusso JTD, Rosso Red, 3 Door, Stylish and Sporty!.....£4,695
09 09 Ford Fiesta Zetec TDCi, Cornflower, Park Sensors, Bluetooth, Alloys.....£3,995
08 08 Proton Savvy Style 5 Dr, Spearmint, Very Low Miles, Ideal First Car..... £2,295
07 57 Renault Clio Privilege, Full Panoramic Roof, Silver, 60,000 Miles!..... £2,995
07 07 Toyota Yaris T3 Auto, Silver, Digital Dashboard, A/C, Just 36,000 Miles!..... £3,795
05 05 Honda Civic Executive, Petrol, Silver, Leather Seats, Just 49,000 Miles.....£3,595

ESTATES

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Sport - East Devon round-up

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cricket tables

County Champ D1	Pld	Pts
Essex	8	138
Lancashire	8	109
Hampshire	9	108
Yorkshire	9	100
Middlesex	8	94
Surrey	8	94
SOMERSET	8	64
Warwickshire	8	47

(match in progress)*

NatWest T20	Pld	Pts
Surrey	7	9
Hampshire	6	7
Gloucestershire	4	7
Glamorgan	6	7
SOMERSET	6	6
Essex	7	5
Kent	6	5
Middlesex	7	5
Sussex	6	5

Devon B 1st XI	Pld	Pts
Bideford	12	197
Ipplepen	12	178
Abbotskerswell	12	178
Tavistock	12	164
Shobrook Park	12	160
SEATON	12	143
Filleigh	12	138
Barton	12	129
Thorverton	12	122
OTTERY St M	12	68

Devon C (e) 1st XI	Pld	Pts
Cullompton	12	194
Alphington	12	187
FENITON	12	179
Whimple	12	171
Clyst Hydon	12	151
KILMINGTON	12	148
UPLYME & LR	12	124
Clyst St George	12	117
Countess Wear	12	111
Braunton	12	105

Devon D (e) 1st XI	Pld	Pts
Barnstaple & Pil	12	192
CHARDSTOCK	12	183
UPOTTERY	12	181
Kentisbeare	12	181
HONITON	12	164
Halberton & SP	12	151
Topsham St J	12	118
AXMINSTER	12	114
Tiverton	12	98
Woodbury & NSC	12	80

Div A 2nd XI	Pld	Pts
Paignton	12	196
Heathcoat	12	168
Sandford	12	166
Barton	12	165
Bideford	12	154
Plymstock	12	152
Abbotskerswell	12	147
OTTERY St M	12	124
Braunton	12	61
Lewdown	12	34*

Div B (e) 2nd XI	Pld	Pts
Hatherleigh	10	193
Thorverton	11	149
Alphington	11	128
Shobrook Park	11	127
Sidmouth	11	130
SEATON	10	125
Chudleigh	11	110
Bradninch	10	80
Clyst Hydon	11	67

Div C (e) 2nd XI	Pld	Pts
Barnstaple & Pil	12	193
UPOTTERY	12	192
HONITON	12	181
Whimple	12	173
Exeter	12	142
Kentisbeare	12	141
KILMINGTON	12	103
North Devon	12	101
Halberton & SP	12	92
UPLYME & LR	12	43

Div D (e) 2nd XI	Pld	Pts
Cullompton	12	191
Countess Wear	12	155
Filleigh	12	139
FENITON	12	129
Woodbury & NSC	12	126
AXMINSTER	12	112
OTTERY St M	12	91
Exwick	11	73
Topsham St J	12	36

cricket devon league

Sparrow century can't save Ax

Relegation haunted Ottery shot out for 63 - Seaton chased down in rain

Tolchards Drinks Devon League
Division A
Chudleigh 80-1 (G Stone 39no) v Plympton. Rain stopped play. Chudleigh (seven points), Plympton (six).

Brixham v Hatherleigh. No play, rain. Brixham (six points), Hatherleigh (six).

Sandford 223-8 (R Foan 75, P Rowe 66, R Glass 22; L Horn 3-36), Lewdown 87 (J Williams 23; P Steer 5-5, B Leach 2-17). Sandford (20 points) beat Lewdown (five) by 136 runs.

Budleigh Salterton 115 (B Carter 26, P Anning 25; J Bullock 3-18, H Solomon 4-15, J deSilva 2-17), Ivybridge 73-5. Ivybridge (18 points) beat Budleigh Salterton (five) by five wickets chasing revised target of 69.

Cornwood 132-7 (S Lambert 46, M Butterworth 31; R Cunningham 3-26, J Nicholls 2-15), Plymstock 64 (S Ahmed 4-17, A Goodliffe 3-10, J Hall 2-0). Cornwood (17 points) beat Plymstock (four) by 68 runs.

Division B
Ottery St Mary 63 (J Atkinson 3-11, J Lathwell 3-13, M Stewart 2-4), Bideford 64-1 (J Ford 26no). Bideford (20 points) beat Otter St Mary (one) by nine wickets.

Tavistock v Barton. No play, rain, Tavistock (six points), Barton (six).

Ipplepen 193-8 (J Lewis 73, S Wakeham 42, M Penrice 23; J Marsh 2-12, J Saker 2-29, J Brazier 2-52), Filleigh 194-8 (J Hill 49no, H Ashdown 33, S Prideux 22, extras 33; J Norman 4-38, K Wakeham 2-29). Filleigh (19 points) beat Ipplepen (eight) by two wickets.

Shobrooke Park 200-5 (C Simpson 59, A Codling 43, C James 23; A Birt 2-9), Abbotskerswell 201-4 (T Keily 64no, C Hill 37, J Fulner 30, C Mitchell 28). Abbotskerswell (17 points) beat Shobrooke Park (seven) by six wickets.

Seaton 141-9 (R C Prior 60; J Grady 4-35, A L Hills 3-24), Thorverton 107-4 (P Fielder 24; D I F Baldock 36. J Grady 25no; P D Collins 2-16). Thorverton (19 points) beat Seaton (five) by six wickets chasing revised target of 107.

Division C East
Clyst Hydon 130-6 (R Batagodage 57, S Thevaraj 29, I Sutton 24, Extras 20, S Shaw 2-27), Alphington 131-6 (L Phillips 57, C Grabham 21no, W Thornton 3-29). Alphington (20 points) beat Clyst Hydon (six points) by four wickets.

Clyst St George 105-8 (C Ferro 33, A Creer 21; J Blackmore 5-6), Cullompton 109-2 (J Blackmore 38no, T Gwandu 31). Cullompton (19 points) beat Clyst St George (three) by eight wickets.

Uplyme & Lyme Regis 189-8 (L Gorfine 38, S Batey 40, M Batey 25; S Hathaway 2-47, S Harris 2-28, M Richards 2-26), Whimple 191-9 (L Lorenzen 98no, D Culshaw 22; J Whetlor 3-38, C Warner 2-30, H Felgate 2-34). Whimple (18 points) beat Uplyme (eight) one wicket.

Countess Wear 87-6 (K Dias 29; C May 2-15), Feniton 88-3 (M Salter 35no, C Selley 20). Feniton (18 points) beat Countess Wear (three) by seven wickets.

Braunton 212 (M Brown 38no, J Baglow 46, D Brierley 25, S Murphy 24; D Fuzzard 4-46, C Seward 2-35, J Short 2-31), Kilmington 149 (A Rockett 37, D Fuzzard 32, B Garner 30; J Baglow 4-26, D Brierley 2-11, M Brown 2-33). Braunton (20 points) beat Kilmington (eight) by 63 runs.

Division D East
Topsham St James 124 (M Phillips 62, T Warren 3-22, J Pyman 3-24), Chardstock 127-5 (E Brown 39,G Larcombe 35, D Armstrong 4-14) Chardstock (20 points) beat Topsham (five) by five wickets

Tiverton 180-7 (D Read 62, P Griffenden 4-15), Halberton & Sampford Peverell 183-4 (J Kalloway 54no, L Hooper 45). Halberton (18 points) by Tiverton (six) by six wickets.

Kentisbeare 275-8 (D Armstrong 97, P Tatterton 61, A Wraight 4-55), Axminster 235-7 (S Sparrow 120). Kentisbeare (18 points) beat Axminster (nine) by 42 runs.

Upottery 42-1 (M Button-Stephens 22no) v Barnstaple & Pilton. Rain stopped play. Upottery (seven points) Barnstaple (six).

Woodbury & Newton St Cyres 151-8 (J Jones 45, S Grossberg 44), Honiton 138 (D Haysom 62). Woodbury (18 points) beat Honiton (seven) by 13 runs.

2nd XI Premier
Exmouth v Torquay. No play, rain. Exmouth (six points), Torquay (six).

Plymouth v Cornwood. No play, rain. Plymouth (six points), Cornwood (six).

Plympton v Exeter. No play, rain. Plympton (six points), Exeter (six).

Bovey Tracey 135-3 (W Christophers 53, A Causey 49; C Dibble 2-19), Sidmouth 117-7 (T Moore 33, B Knowles 21no; A Causey 2-18, D Perry 2-15). Sidmouth (14 points) beat Bovey Tracey (six) by three wickets chasing revised target of 112.

North Devon 138 (J Rothery 31; S Fereday 3-24, E Doble 2-11. J Murphy 2-20), Budleigh Salterton 139-8 (M Mejznor 34, E Doble 27, I Messom 20, D Messom 23no; T Cook 3-18, Screech 2-19, M Dart 2-28). Budleigh Salterton (19 points) beat North Devon (seven) by two wickets.

2nd XI A
Sandford 108-5 (F Filor 23; L Vinnicombe 20; P Yeo 3-24) v Lewdown. Rain stopped play. Sandford (eight points), Lewdown (eight).

Ottery St Mary 101-5 (A Clements 55: Jack Ford 4-22) v Bideford. Rain stopped play. Ottery st Mary (eight points), Bideford (eight)..

Barton v Braunton. No play, rain. Barton (six points), Braunton (six).

Plymstock v Paignton. No play, rain. Plymstock (six points), Paignton (six).

Heathcoat 376-6 (J Williams 29, T Reynolds 45, H Frankpitt 120, S Sobcjak 44, W Thompson 68; P Lighthowler 3-67), Abbotskerswell 95 (P Lighthowler 39; J Williams 4-17, L Stephenson 3-30, S Venn 2-18). Heathcoat (20 points) beat Abbots (five) by 281.

2nd XI B East
Clyst Hydon 26-0 v Alphington. Rain stopped play. Clyst Hydon (six points) Alphington (six).

Shobrooke Park v Chudleigh. No play rain. Shobrooke Park (six points) Chudleigh (six).

Bradninch 81-8 (T Bunker 26, P Nott 20; G Munday 3-5, J Fowler 2-9, L Raistrick 3-23) v Sidmouth 3rds. Rain stopped play. Bradninch (eight points) Sidmouth (ten).

Thorverton 118 (A Tait 28; O Pinnock 6-38), Seaton 119-6 (E Hunt 26, J Bond 25; A Chilcott 3-19). Seaton (19 points) beat Thorverton (five) by four wickets.

2nd XI C East
Upottery 122 (C Brigden 3-22, A Hastie 2-22, A Ayyla 3-19), Barnstaple & Pilton 85-2 (D Donovan 41no, A Fewins 29no). Barnstaple & Pilton (20 points) beat Upottery (four) by eight wickets in reduced overs match.

Exeter 3rds v Kentisbeare. No play rain. Exeter (six points) Kentisbeare (six).

Honiton 130-1 (N Groves 53no, K Kelly 66no), North Devon 70-9 (I Kelly 5-15, K Kelly 2-11). Match reduced to 27 overs a side. Honiton (17 points) beat North Devon (one) by 60 runs.

Kilmington 257-5 (S Olive 63no, S Perry 41, B Fuzzard 41; T Hatton 2-62, N Roud 2-57), Halberton & Sampford Peverell 194 (N Roud 35, R Broomhead 31, T Buxton 29; M Beviss 2-41, R Reed 3-36, D Lavender 3-61, B Fuzzard 2-26). Kilmington (20 points) beat Halberton & SP (six) by 63 runs.

Uplyme & Lyme Regis 78 (S Wallace 4-10, L Witton 2-19), Whimple 81-1 (P Gillard 51no; G Baker 1-9). Whimple (20 points) beat Uplyme & Lyme Regis (one) by nine wickets.

2nd XI D East
Axminster v Cullompton. No play rain. Axminster (six points) Cullompton (six).

Feniton 105-4 (S Bright 34no, R Kingdom 30; C Aggett 3-30) v Countess Wear. Rain stopped play. Feniton (eight points) Countess Wear (eight).

Filleigh v Woodbury & Newton St Cyres. No play rain. Filleigh (six points) Woodbury & Newton SC (six).

Topsham St James 17-0 v Ottery St Mary 3rds. Rain stopped play. Topsham St James (six points) Ottery St Mary (six).

FIXTURES

WEDNESDAY – NatWest t20 blast: Somerset v Hampshire.

THURSDAY – NatWest t20 blast: Kent v Somerset.
Home Counties Seniors Championship (West), Over-50s 2nd XI: Devon v Cornwall (at Ivybridge; 1pm).

SATURDAY
Tolchards Drinks Devon League Premier Division: Exmouth v Bradninch, Heathcoat v Torquay, Plymouth v Bovey Tracey, North Devon v Paignton, and Sidmouth v Exeter.
A Division: Hatherleigh v Budleigh Salterton, Ivybridge v Cornwood, Plympton v Brixham, Plymstock v Lewdown, and Sandford v Chudleigh.
B Division: Barton v Ipplepen, Filleigh v Seaton, Ottery St Mary v Tavistock, Shobrooke Park v Bideford/Littleham/Westward Ho!, and Thorverton v Abbotskerswell.
C Division (E): Alphington v Uplyme & Lyme Regis, Clyst St George v Countess Wear, Feniton v Braunton, Kilmington v Clyst Hydon, and Whimple v Cullompton.
D Division (E): Axminster Town v Upottery, Barnstaple & Pilton v Hamlberton & Sampford Peverell, Honiton v Chardstock, Tiverton v Woodbury & Newton St Cyres, and Topsham St James v Kentisbeare.
2nd XI A Division: Abbotskerswell v Sandford, Bideford/Littleham/Westward Ho! v Heathcoat, Braunton v Ottery St Mary, Lewdown v Plymstock, and Paignton v Barton.
2nd XI B Division (E): Bradninch v Hatherleigh, Clyst Hydon v Sidmouth, Chudleigh v Thorverton, Exmouth v Shobrooke Park, and Seaton v Alphington.
2nd XI C Division (E): Halberton & Sampford Peverell v Barnstaple & Pilton, Kentisbeare v Whimple, North Devon v Kilmington, Uplyme & Lyme Regis v Honiton, and Upottery v Exeter.
2nd XI D Division (E): Countess Wear v Axminster Town, Cullompton v Topsham St James, Exwick v Feniton, Newton St Cyres v Thorverton, and Ottery St Mary v Filliegh.

SUNDAY
NatWest t20 blast: Somerset v Sussex.
MCCA Championship (Western): Devon v Shropshire (at Sandford; 11am).
ECB Women's County Championship T20 Division Three (Group A): Oxfordshire v Devon (1.30pm), Gloucestershire v Devon (at Poulton; 4.30pm).
South Devon League, Division One: South Plymouth v Lustleigh.
Division Two: Chudleigh v Barton, Plympton v Ivybridge.
Devon Womens League, Division One: Plymouth v Cornwood.

boules
axe valley

DIVISION One: Ship Castaways 2 Golden Hind B 3; Gerrard Arms B 2 Kingfisher A 3; Whitford Warriors 2 Colyton FC 3; Fishers 2 Ship Castaways 3; Golden Hind B 5 Kingfisher Rebels 0; Kings Arms A 0 Axe Cliff B 5; Golden Hind B 3 Kingfisher A 2.

Division Two: Golden Wonders 2 Shipwrecked 3; Beer Mariners 4 New Inners 1; Kingfisher Stars 2 Golden Wonders 3; Shipwrecked 3 Eyre Court A 2; New Inn Flyers 5 Royal Clarence A 0.

Division Three: Cloakham Lawns 1 Lamb Visitors 4; New White Hart 3 Seaton FC A 2; Kings Jesters 1 White Hart Movers 4; Lamb (mutton) 3 Gerrard Red Balls 2; White Hart Movers 3 Lamb (mutton) 2.

WHITBREAD CUP: 2nd Round: Colyton FC 2 New White Hart 4.

Quarter-Final: Royal Clarence A 3 Golden Hind B 4.

HANSFORD PLATE: Quarter-Final: New Inners 2 Kingfisher Rebels 4; White Hart Movers 1 Whitford Warriors 4.

A reminder to all that it is the Ladies' Knockout Cup next Sunday, 30th July at The Kingfisher in Colyton, starting at 2pm.

Division One	Pld	Pts
Golden Hind B	10	36
Kingfisher A	10	34
Gerrard Arms B	9	31
Fishers	10	28
Ship Castaways	11	27
Axe Cliff B	9	21
Colyton FC	9	18
Whitford Warriors	9	18
Kingfisher Rebels	10	16
Kings Arms A	9	11

Division Two	Pld	Pts
New Inn Flyers	9	30
Shipwrecked	10	28
Golden Wonders	10	28
Eyre Court A	9	25
New Inners	9	23
Beer Mariners	8	23
Royal Clarence A	9	19
Kingfisher Stars	9	18
Royal Clarence B	7	6

Division Three	Pld	Pts
White Hart Movers	10	32
New White Hart	9	25
Lamb Visitors	9	24
Seaton Town FC A	8	22
Lamb Mutton	10	22
Axe Cliff Mixed	8	19
Kings Jesters	8	19
Cloakham Lawns	9	17
Gerrard Red Balls	9	17

skittles
axminster

Game 10: Axe Inn A 327 (P Pomeroy 71) Red Lion A 344 (T Wellman 68); Lamb A 272 (D Jones 58) Con club 307 (G Smith 61); New Inn B 331 (B Wood 62)Axe Inn B 347 (P Banner 72); Red Lion B 340 (A Jones 65) New Inn A 364 (D Hodder 69).

Table Wk10	Pld	Pts
Axe Inn A	10	16
Lamb A	10	12
New Inn A	10	14
Red Lion A	10	12
Axe Inn B	10	12
Red Lion B	10	6
New Inn B	10	6
Con Club	10	2

jack high bowls round-up

Binmore carries Honiton flag at nationals

SEATON
with Alan Nicholas
THE week opened with a CAPTAIN'S FUN DAY where bright colours were the order of the day.

All the players took part in the single wood 'Spider' competition with the winner being Ian Manchester.

The overall winning rink for the afternoon was Lilian Hurley-Smith, Chris Anton, Kevin McCarthy & Peter Grigg, who each carried off a box of chocolates.

Getting down to the serious business, a Ladies rink of Marian Vessey, Maria Johnson, Pat Whitworth and Di Morley won their County Over 55s Quarter Final 20-9 against the SIR FRANCIS DRAKE CLUB in Plymouth to set up a Semi Final against Oreston which was played on Sunday (July 23rd).

On Monday, July 17th Seaton were beaten 85-46 in the East of Exe Mixed League match at FENITON.

The following day the Ladies over 50s triples League Blue team took on PINCES at Exeter, gaining six points by winning on both rinks. Top triple was; Carol Armitage, Barbara Sluman & Di Morley.

On Wednesday, July 19th the Ladies over 50s Red team lost 55-21 at OKEHAMPTON.

The Men's over 60s triples League A team were also beaten 40-22 at OKEHAMPTON B.

But the B team faired slightly better at BUDLEIGH going down by just a solitary shot. Top Seaton triple was; Gareth Mettam, Norman Stone & Richard Whitworth who won their match by five shots.

Finally, the Mens C team defeated visitors BELMONT C 34-32. Seaton's winning triple was; Dennis Ridd, Colin Lynch & Peter Grigg.

The last match of the week on Thursday brought an 89-39 victory in the friendly against the NOMADS. Seaton's top rink was Dennis Ridd, Ray Thompson, Peter Grigg & Joan Miles.

FENITON
with Roger Smith
Feniton defeated SIDMOUTH 97- 68 in the men's last County Trophy match which meant they finished third in the section. The winning rinks were; R Lovering, L Ley, A Evans & I Veitch 28-9, D Sanders, R Smith, A Smith & R Clarke 24-15, P Goodwin, R Cooke, A Kury & K Lovering 22-20 and A Morgan, D Downs, G Phillips & J Skinner 23-22.

Unfortunately the team lost in their section 3 final of the Foxlands Trophy competition 52-23 to MADEIRA.

In the men's over 60s triples league both teams enjoyed success. The A team defeated MADEIRA B 40-24. The winning rinks were; M Chipperfield, I Veitch & J Skinner 23-12 and J Livings, D Sanders & R North 17-15.

The B team had a narrow 32-28 victory, away at CULLOMPTON. The winning rinks were; C Maynard, L Ley & R Clarke 17-15 and D Downs, A Evans & D Coyne 15-13.

The Ladies had an excellent 44-24 win in the over 50s league against EXONIA. The winning rinks were; P Figg, V Jones & D Phillips 22-8 and D Bowden, A Coyne & J Smith 22-16

The mixed team entertained CHUDLEIGH on a very inclement afternoon and the match was abandoned after 15 ends with Feniton losing 54-47. The winning rinks were; L Crook, J Skinner, M Evans & L Ley 12-10, B Bowden, G Skinner, A Coyne & R North 16-15 and J Wheatley, D Bowden, J Livings & D Coyne 11-10.

However, they enjoyed better fortune winning 77-67 away at HEAVITREE where the winning rinks were; R Lovering, G Skinner, J Livings & D Phillips 24-10, L Crook, D Bowden, G North & R Smith 19-15 and B Bowden, J Skinner, L Ley & I Veitch 19-18.

AXMINSTER
with David Harris
THE Axminster men enjoyed an excellent 43-27 win at FENITON in the Over 60s Devon League with the rink of John Hill, George Mabon & Alfie Day excelling (29-8) before losing 35-34 at North Tawton with a winning rink of John Ellis, David Harris, & Bob Sherborne (21-15).

In the mixed friendlies Axminsnter were beaten 78-58 at WRINGTON where the winning rink was Phil White, John Packham, David Harris & Steven Apsey (19-11) whilst Valerie Mellor, Ann Burn, John Hill & Brian Clark tied 20-20.

In the other friendly played Axminster went down 61-59 at home to KINGSTEIGHNTON with wins for Mike Mellor, Margaret Brown & Margaret Crompton (20-14) and Morrison Brown, Ann Burn & Alfie Day (17-15).

The period finished with our annual LADIES V GENTS match which because of the weather had to be played indoors - the ladies won comfortably (45-33) with their top rink being Philippa White, Eve Cole, Pam Clark & Bridget Hallowes (18-9).

HONITON
with Julie Grant
CAROLE Binmore has won through in the four wood singles to represent Devon at the NATIONAL CHAMPIONSHIPS in Leamington in August after beating Vicky Stone of Topsham 21-17.

In the East of Exe Mixed League Honiton won one game and lost one last week. Against TIVERTON BOROUGH Honiton had an emphatic 81-41 win. Two rinks were won by 20 shots; Mike Critchley, Berry Maynard, Jimmy Smith & Trevor Pipe and Wally Heard, Denis Hillyear, Daphne Courtney & Yvonne Rayner.

Honiton lost 82-71 against HEMYOCK, best rink was Fred Cowey, Laraine Carless, Tony Tooley & Trevor Pipe 29-12.

The mens Over 60 A team played, despite the rain, at DAWLISH MARINA and won on one rink 18-11, they were Malcolm Seaborne, Mike Dart & Gerry Stafrace.

The ladies Over 50 team won on one rink and lost the other against CREDITON, winners were Jean Mitchell, Laraine Carless & Berry Maynard 16-11.

The HOWARD COTTRELL TROPHY, presented in 1965 by the then club President, was played for last Sunday.

Six clubs were invited to send a mixed four to play six Honiton teams.

Let down at the last hour by one club, only five external teams entered; Lyme Regis, Budleigh, Ottery, Phear Park and Sidmouth, so seven Honiton teams had to play and the winners were Honiton's Tracy Lambert, Laraine Carless, Fred Cowey & Denis Hillyear.

The club is holding a BBQ on Sunday, August 6th at 6pm, tickets (£5) can be obtained from from David Tooley.

ILMINSTER
with Des Maull
ONLY two Ilminster teams were in action in the county league on Saturday.

The B team won the local derby at SOUTH PETHERTON 59-54. Details: Ilminster - Kevin Crouch, John Mitchell, Rowland Garland & Eric Keitch 18 P Hutchings 17; John Osborne, Roy Orme, Roger Lench & Rod Parkin 21 L Symes 20; Des Maull, Dave Pugh, Ken Giles & Barry Sims 20 C Harris 17. Ilminster 12 points South Petherton 0.

The D team were home to a strong WATCHET B with the visitors winning by 26 shots. Details: Eric Turner, Derek Coates, Derek Carter & Briane Davies 15 M Webber 25; Julian Smith, Dave Cox, Bill Armstrong & Eddie Hadfield 20 R Rendell 26; Adam Smith, Drew Smith, Bill Bailey & Pete Bloomfield 14 R Somerfield 24. Ilminster 0pts Watchet 12.

In the Wessex Mixed Triples League Ilminster defeated visitors MERE 83-50. Details; Briane Davies 18-15, Rod Parkin 28-16; Dave Crouch 15-12; Barry Sims 22-7. Ilminster 12pts Mere 0.

Ilminster men won a four rink friendly 88-74 at YEOVIL on Monday. Details: Oli Collins, Bill Armstrong, Tony Bickle & Dave Pugh 25 B Hurley 14; Leo Bonning, Dave Cox, Mark Davies & John Mitchell 10 K Forster 29; Edd Bidgood, Derek Carter, John Osborne & Roger Lench 24 B Haverley 16; Des Maull, Drew Smith, Roy Orme & Rod Parkin 29 W Gilbert 15.

CHARD *with Peter Avery*
AN excellent week for Chard winning each of the three friendly matches played.

The week began with a very close 57-53 victory contest at home to LYME REGIS when Chard's successful triples were; Pauline Small, Clive Small & Janet Bodily 17-8; Fred Ward, Glenn Berry & Maurice Wakeling 13-12.

The win against visiting BRIDPORT was far more clear-cut, Chard winning 77-51 – the winning triples were; Teresa Pinder, Peter Avery & Barry Pinder 31-4, Phil Stringer, Pauline Small & Clive Small 19-13.

The third match at MERRIOTT was almost over before it started when a very heavy downpour forced the teams from the green, tea was taken early.

The weather improved and the teams returned to play the full 18 ends; Chard won two and drew one of the four triples; Barbara Nichols, Glenn Berry & Mike Nichols 18-16; Ena Stringer, Roy Vaux & Keith Johnson 17-17; Phil Stringer, Norman Connelly & Ron Genge 20-15.

On Sunday, July 30th Chard will be holding a COMPETITION DAY sponsored by Richard Carbin Ltd.

There is a Singles competition beginning scheduled for 10am followed by a Pairs tournament from 2.30pm.

Anyone wishing to explore taking up lawn bowls is invited along to see the Club in action.

CHARDSTOCK
with Vaughan Fletcher
It was a great week for Chardstock's over 60s B team who moved off the bottom of the league with a comprehensive win against Madeira D.
Results: Exeter & District Over 60s Triples League: July 19th Chardstock A away to EXONIA B 32-35; V Fletcher, J Rolph & J Porter 10-22, M Rogers, K Wakelin & N Denslow 22-13.

Chardstock B at home to MADEIRA D 37-27; A Campbell, B Howard & W Kerr 21-13. P Woods, D Eldridge & G Bodily 16-14

Friendly (July 17th): Chardstock Men away at MADEIRA 46-84; T Bird, B Howard & K Wakelin 17-18. K Warren, G Bodily & J Porter 7-30. S Hatcliffe, J Rolph & D Mears 13-13. M Rogers, P Woods & M Toms 9-23.

MERRIOTT
with Jean Crisp
MERRIOTT won the Wedmore Plate match 77-59 at SOMERTON on Friday, July 14th to progress to the next round which was played lost 84-57 at SHEPTON MALLETT on Tuesday, 18th July.

On Saturday, July 15th Merriott tied a friendly match 71-71 at BRIDGEWATER. Rink scores: J.Parsons, R.Self, J.Ashby & P.Williams 21 T.Frampton 17. D.Baker, C.Truscott, B.Whitfield & B.Dibble 25 F.Culverwell 15. C.Parsons, A.Truscott, D.Lewsey & E.Rush 16 J.Kinsella 20. P.Stow, N.Whitfield, A.Williams & D.Heathcote 9 I.Hancock 19.

The following day Merriott lost a home league match against Gillingham by just 2 shots, gaining just four of the 16 points available. Rink Scores: I.Kendall, C.Woods, A.Williams & M.Allen 25 M.Wood 18. P.Stow, C.Warnett, B.Whitfield & T.Mortimer 20 D.Byrne 27. A,Truscott, C.Truscott, J.Ashby & D.Heathcote 21 A.Whatmore 20. C.Parsons, P.White, J.Crisp & P.Williams 19 P.Titheridge 22.

SEVERALLS
with Pru Robbins
On Saturday, 15th July Severalls lost a Wessex Mixed Friendly League match 87-73 at SOUTH PETHERTON.

Rink Scores; L.McLaren J.Chance G.Kerr & Roy Hodder 18 S.Boer 14. C.Rawe, A.McLaren, J.Stacey & M.Rawe 17 G.Meecham 27. Alec Larcombe, N.Austin, T.Cannon & R.Radford 18 L.Symes 25. N.Patel, C.Pocock, Ann Larcombe & R.Devney 20 C.Harris 21.

angling
chard

Bright day for Watts

THERE was a good turnout of 21 Chard AC members for the penultimate round of the Perry Street and Sadborow League on Sunday.

On this occasion the leading weights came from Perry Street.

Howard Watts had the best weight of the day with 86lb 2oz of carp from peg four and will go into the final match with a three point lead.

Second from the Perry Low section was Mike Hosgood with 28lb 8oz from peg two and Mike Collins was third with 24lb 2oz.

Perry High was won by Mark Hollister with 52lb 10oz from peg 11, followed by Alan Gage with 45lb 14oz from peg 17 and just behind in third was Jamie Rich with 45lb 12oz from peg 19.

Top weight on the day at Sadborow was Chris Whitham with 44lb 9oz from peg nine followed by Steve Bishop with 37lb 14oz from peg five and Les Braunton with 35lb 6oz from peg three.

After eight matches Howard Watts leads the league with 18 points followed by Shane Jeffery and Mike Hosgood with 21.

Results: Sadborow
1st Chris Whitham (Torquay) 44lb 9oz, 2nd Steve Bishop (Chard) 37lb 14oz, 3rd Les Braunton (Chard) 35lb 6oz.

Perry Street Low
1st Howard Watts (Torquay) 86lb 2oz, 2nd Mike Hosgood (Nr Exeter) 28lb 8oz, 3rd Mike Collins (Chard) 24lb 2oz.

Perry Street High
1st Mrk Hollister (Chard) 52lb 10oz, 2nd Alan Gage (Chard) 45lb 14oz, 3rd Jamie Rich (Against Men and Fish) 45lb 12oz.

Driving elite head for Wiscombe Park

THE last weekend in July brings the elite of British speed hill climbing to Wiscombe Park as the country's best drivers and cars make their sole annual visit to the South West.

The Avon Tyres/TTC Group British Hill Climb Championships will be fought out across two days at the demanding East Devon Wiscombe Park track (EX24 6JE).

The centre of the weekend's action will be on Sunday with two exciting run-offs for the fastest twelve championship competitors.

However, there will be separate events for local drivers on Sunday and on the previous day along with the practice runs for those contesting the national series.

Nine of the top ten finishers in the championship, including former champion and Wiscombe joint record holder Trevor Willis, will be travelling from Scotland, Wales and the Channel Islands to battle for supremacy in a record entry of over 220 drivers.

Whilst the competition has attracted drivers from throughout the country, a number of local drivers will have less far to travel in order to make their challenge.

Three such drivers will be seeking to qualify for the two critical Top Twelve Run-Offs (for the fastest 12 championship contenders) which provide the main spectacle of the weekend's meeting. Honiton's Ed Hollier (Empire Evo) and Dave Gardner (Pilbeam MP62) and Kevin Broad from Exeter also aboard in Pilbeam.

Hollier, a regular in the national series during the last two seasons, will be familiar with the process as he seeks to protect his ninth-place finish of last season. Messers Gardner and Broad will be focusing on maximising their opportunity on their local hill.

Although the main focus of attention will be on these ultimate machines there will be a supporting cast of saloon and sports cars including classes for saloons and sports cars in addition to the vintage Austin Sevens, Porsches and Minis.

Minis remain a crowd pleaser and two local drivers will be amongst a special class of Mini variants. Ex-circuit racer John Kirby from Weymouth will be at the wheel of his turbocharged 998cc Clubman whilst a 1330cc machine will be in the hands of Stephen Wareham from Bere Regis.

Sout Devon based drivers will be seeking success including golf professional Jon Langmead from Exminster in his Lotus Elise, Joe Keep and Sammi Layzell (Ford Fiesta) from Honiton and Ottery St Mary plus Honiton's Duncan Beer who will be giving his striking matt black Ford Fiesta an outing.

Colyton resident George Koopman will not have far to travel in his Porsche Cayman which replaces his mount of many years, a Honda Integra.

Exeter garage proprietors John Reed and Roger Coote will compete in their Cosworth powered Ford Anglia 105E and Ginetta G4 respectively whilst also from the city will be Westfield pilots Ian Hodgson and father and son pairing, David and Jan Yeo.

■ **IN ACTION:** Honiton's Duncan Beer in his Ford Fiesta.

Having started the season at the wheel of a roadgoing turbo charged Ford Fiesta ST Kilmington's Ben Wheeler will make his Wiscombe Park debut in his newly constructed Empire Evo 2 single-seater.

darts
axminster

Results (July 18th)
Division One; Con Club 4-6 Thorncombe Bees, The Swamp 10-0 Vault A, The Thorns 1-9 Hales Bar A.
Division Two; Hales Bar B 8-2 Vault B, Lamb Shanks 8-2 Red Bulls.

Division One	Pld	Pts
The Swamp	8	59
Hales Bar A	7	55
Thorncombe Bees	8	34
Con Club	8	32
Sea Vaults	5	19
The Thorns	6	16
Vault A	4	15

Division Two	Pld	Pts
Hales Bar B	7	61
Vault B	7	44
Lamb Shanks	7	32
Axminster Inn	5	27
Red Necks	6	25
Kings of the Castle	6	21
Red Bulls	8	20

school sport
Holyrood

Visit from World Cup winner!

HOLYROOD Academy students were lucky enough to recently earn a visit from ex-England cricket captain Charlotte Edwards.

As a result of the students' hard work, dedication and success throughout this year's indoor and outdoor cricket season, Somerset Cricket Board chose to bring Edwards to Holyrood to run a coaching session and meet the U13 and U15 girls cricket squads.

Holyrood's Head of Cricket, Shannon Sims said: "What a brilliant opportunity for the girls to learn from one of the best!

"It's not every day you get to meet an England captain that has won the world cup twice."

■ **NICE TO MEET YOU;** Charlotte Edwards with the Holyrood pupils

starter's orders running news

Tram beats man in annual race off

Axe Valley Runners
with Dave Mutter

THERE was a wonderful turn out of both juniors and seniors on a glorious summer's evening for the annual RACE THE TRAM event.

There were five junior teams who started from Colyton and linked up with seniors at Colyford, and one senior super team.

Teams were colour coded with batons. In first place in 13:27 was the tram followed two minutes later by the Gold team of Matt Clist, Matt Hewer, Chet Gillespie and John Blackledge.

Equal in second place in 19:23 were the Silver and Black teams. The Green team were fourth in 19:54, the Pink team fifth in 20:01 and the final team was the Plastic Green team in 20:35.

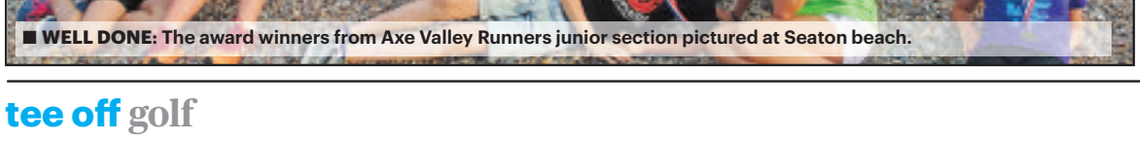
The AVR junior awards were presented with the winners as follows: Male Runner: Joint award to Ethan Huntley & Lewis Burridge, Female Runner: Joint award to Caitlin Smith & Poppy Tooze, Most Improved Male Runner: Harvey Burrough, Most Improved Girl Runner: Maddie Carter, Lollipop Award: Erin Ellis, Most Committed Awards: Holly Eyre, Same Eyre, Elsa Wood, Cameron Board, Parkrun Awards: Rosie Kendall/Harry McMahon, Junior Coaching Award: Matt Thurgood.

■ **ALL ABOARD:** Axe Valley Runners pictured at the annual 'Race the Tram' run at Seaton

AVR's wished to thank Seaton Tramway and the drivers who gave up their time voluntarily. The money raised will be donated to the Devon Air Ambulance.

There was success for AVR at the DALWOOD FAYRE 10K on Saturday with Jake Smith winning in 37:11; Matt Clist 2nd, 39:15 and Chet Gillespie 3rd plus Eleanor Wood 1st lady, 14th overall in 44:25.

Terry Emmett was 5th, 45:39; 51:32; Richard Jackson 20th, 55:58; Andrew Hartnell 25th, 59:03; Kevin Feeney 26th, 59:13, 1st over 60 male and Sandra Mortimer 33rd, 1:09:58.



■ **WELL DONE:** The award winners from Axe Valley Runners junior section pictured at Seaton beach.

Honiton Running Club *with Judy Davy*

HONITON Running Club took part in last Sunday's DALWOOD FAYRE 10K multi-terrain race.

Axe Valley Runners took the first three places led home by Jake Smith who won in 37 minutes 11 seconds creating a new course record.

HRC's first runner home was Ben Stone who came fourth in 44:33. Rod Inglis came ninth in 48:56 and Mark Newson 11th in 50:17.

Steve Davey and Richard Harris had their usual battle with Steve finishing 12th in 50:28 and Richard one place and 5 seconds later.

Jo Davey led the HRC ladies home to come second lady, 15th position in 53:06. Her mum, Judy, was third lady in 55:00 and 18th place with Pippa Westall just one place later and fourth lady in 55:30.

Shane Hudd completed the line-up finishing 22nd in 58:37. There were 39 finishers.

tee off golf

Honours even in local derby match

HONITON *with John Pawley*

THE past week started with warm sunny conditions for the Seniors' match against TAUNTON & PICKERIDGE - the return leg of the June match where Honiton lost the away leg by a hefty margin.

This time Mike Sennitt's team were able to avenge this somewhat with a 4½-1½ win.

On Thurs AXE CLIFF were the team hoping to avenge a defeat they had suffered earlier this year.

In perfect conditions, with the course looking and playing extremely well after some recent rain, the Honiton Seniors were able to keep them at bay with a 3-3 draw.

Last Tuesday the members played in the mixed RYE FOURSOMES. The challenging structure of the competition proved no problem to John Frith & Cherry Liell as they amassed a winning total of 41pts. Next were Hilda Hoepelman & Stan Squire 40 with Linda Curtis & Larry Goodliffe third with 38.

The Ladies were thwarted on Wednesday in their attempts to play the Lady Captain's Prize Stableford. Whilst many had already got well into their round some were still to go when fog descended and play was abandoned.

A similar situation developed on Friday for the Seniors whose 3BBB team competition had to be postponed. With wind and rain around, and even worse forecast, the decision was taken to allow those who wished to play as a friendly. Around 20 members did compete, with some completing the full course.

AXE CLIFF *with Peter Motsom*

THE Men's section played the the Terrace Cup on July 9th, format stableford, played in teams of three with two scores to count.

Alex Todd, Johnny Potter & Bradley Price finished in first place with 80pts, Paul Clode, Simon Matthews & Steve Baked were second with 79pts. Alex Gabb, Nigel Pritchard and Stuart Mackie all carded 2s.

On July 16th the Men competed for the President's Prize, format Stablefor. The winner was Paul Clode with 39pts, in second was Gerry Binmore with 38 and Stuart Mackie was third with 37.

The Ladies section attempted to play for the Par Cup but the mist got too thick and the competition had to be abandoned.

On Friday the Ladies scheduled League match at Tiverton was cancelled due to the high winds and torrential rain.

However, on Monday last week, 12 ladies did go to Cricket St Thomas for their SW competition comprising teams of three with two scores to count and that score being added to a second team of three.

There were mixed fortunes in that the two teams with the best scores happened to be teamed with the two teams with the lower scores.

There were 20 teams competing and Axe Cliff's Di Rogers won nearest the pin for the bronze players, on the ninth.

The Seniors' section played their Medford Trophy competition last Friday which was a mixed Medal and Stableford format.

The trophy was won for the third consecutive year by Bob Graham (HC 23) with a total/nett 22 points. In second on countback, also with 22 points was Rob Grove (HC 18) and in third place with 23 points, was Alan Vincent (HC 20) with 23 points.

Tony Strong was the only player to score a two.

CRICKET ST THOMAS
with Bert Robinson

LAST Tuesday 29 seniors entered the Julyqualifying stableford event in near perfect conditions,

Result: Division One; 1st Ian Housham 43 points; 2nd George Wallace (42), 3rd Terry Rutherford (40).

Division Two: 1st Michael Everton 47 points, 2nd Andy Beale (36), 3rd Peter Harris (35).

The Saints' Seniors match team travelled to Sidmouth on Thursday with Barrie Heath acting as captain in the absence of Roger Stone.

The portends were not encouraging after the first two pairings lost their games. However, two wins from the following three meant that the result rested with the final game. This went to the 18th green, but the Saints pair could only half the game, and the Sidmouth team emerged triumphant 3 1/2 to 2 1/2.

Results: Barrie Heath & Paul England lost 4&3, Ian Griffiths & Dave Mugridge lost 4&2, Chris Gingell & Lindsey Gage won by 1 hole, John Wandless & Nobby Hodder lost 4&3, George Wallace & Barrie Singleton won by 2 holes, John McOmish & Roger Davis halved.

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Axminster CC 2nd XI

■ **MIDTABLE:** The Axminster Cricket Club 2nd XI who currently sit in XXXth place in the Tolchards Drinks Devon Cricket League Divison D (East). Line-up, standing from left; Harry Sheppard, Brian Downton (scorer), Rex Helston, Emily Broad, Andy Layard, Karl Hurst, Ali Layard. Front; Jennifer Poole, Flora Layard Dominic Goodhew Dylan Hurst, Max Helston.

■ **SEMI FINALISTS:** The Seaton Bowls Club quartet of Marian Vessey, Maria Johnson, Pat Whitworth and Di Morley who won their County Over 55s Quarter Final 20-9 against the Sir Francis Drake Club in Plymouth. Sadly the team were beaten by Oreston in Sunday's semi final.

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Published by View From Newspapers, Unit 3, St Michael's Business Centre, Church Street, Lyme Regis, Dorset DT7 3DB. Telephone: 01297 446057. Fax: 01297 445607. E-mail: edit@viewnews.co.uk
Printed by Newsquest, Fleet House, Hampshire Road, Weymouth, Dorset DT4 9XD